

# General Information

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## WINTER 2017

### Recreation Center Facility Closures

New Year's Day - January 1  
Easter - April 16

## Winter Registration

### **Brighton Recreation Center**

555 North 11th Ave., Brighton, CO 80601

Ph: 303-655-2200

[www.brightonrecreation.com](http://www.brightonrecreation.com)

## Walk-In Registration

### **Residents - in person only:**

*(within legal Brighton city limits with proof of residency)*

Thursday, Dec. 8, 2016 beginning at 7 a.m.

### **Open Registration - in person only:**

Friday, Dec. 9, 2016 beginning at 7 a.m.

Phone registration will be accepted

Saturday, Dec. 10, 2016 after 7 a.m.

*\*\*Please have activity numbers and  
credit card information ready.\*\**

## Register Online

Online registration for most Recreation Center programs – go to our website at [www.brightonrecreation.com](http://www.brightonrecreation.com) and select Online Registration



**Open to Brighton residents starting at noon  
Thursday, Dec. 8, 2016**

**Open online registration starts at noon  
Friday, Dec. 9, 2016**

For your health the Recreation Center is a smoke, drug and tobacco-free environment.

# Facility Information

## RECREATION FACILITY INFORMATION

### Recreation Center

555 North 11th Ave., Brighton, CO 80601  
(303) 655-2200

#### Facility Hours

**Monday – Thursday**

5:30 a.m. – 9 p.m.

**Friday**

5:30 a.m. – 6:30 p.m. \*

\*Close at 7 p.m. June thru August

**Saturday**

7 a.m. – 6 p.m.

**Sunday**

10 a.m. – 5 p.m.

#### Horario

**lunes - jueves**

5:30 a.m. – 9 p.m.

**viernes**

5:30 a.m. – 6:30 p.m. \*

\*Cierra a las 7 p.m. junio a agosto

**sabado**

7 a.m. – 6 p.m.

**domingo**

10 a.m. – 5 p.m.

Areas within the facility may not be available at all times.  
The pool will close a half hour before closing each day.

Esta que areas dentro de la facilidad no estan disponibles todo el tiempo. La alberca cerrará una media-hora antes de cerrar cada día.

### Recreation Center Pool Hours

#### Pool Hours

**Monday – Thursday**

5:30 a.m. – 8:30 p.m.

**Friday**

5:30 a.m. – 6 p.m. \*

\*Close at 7 p.m. June thru August

**Saturday**

7 a.m. – 5:30 p.m.

**Sunday**

10 a.m. – 4:30 p.m.

#### Horario

**lunes - jueves**

5:30 a.m. – 8:30 p.m.

**viernes**

5:30 a.m. – 6 p.m. \*

\*Cierra a las 7 p.m. junio a agosto

**sabado**

7 a.m. – 5:30 p.m.

**domingo**

10 a.m. – 4:30 p.m.

Note: There is no open swim during swim lessons.  
See page 13 for lesson times.

Nota: Las Albercas no estan disponible durante clases de natacion. Vea pagina 13 para el horario de lecciones.

### SAY "CHEESE"

The recreation department reserves the right to photograph program participants and patrons for publicity purposes including the program brochure, website, and social media.

## GYM SCHEDULE

- Open gym, including volleyball, is for all ages.
- Half of the gym is designated for volleyball on Monday evenings & Sunday mornings (when other programming isn't scheduled).
- Court shoes ONLY allowed on the gym floor.
- When half of the gym is used for another activity, the open half is only available for shooting. **No full court games allowed.**

Day	Status	Time
Monday	Open	5:30 a.m. - 6 p.m.
Tuesday	Open	5:30 a.m. - 9 p.m.
Wednesday	Open	5:30 a.m. - 9 p.m.
Thursday	Open	5:30 a.m. - 9 p.m.
Friday	Open	5:30 a.m. - close
Saturday	Open	7 a.m. - 6 p.m.
Sunday	Open	10 a.m. - 5 p.m.

## Drop-In Child Care

**Monday through Friday**  
**Monday through Thursday**  
**Saturday**

**8 - 11:30 a.m.**  
**5:30 - 8:30 p.m.**  
**8 - 11 a.m.**

Drop in Child Care provides supervised child care for children six months through seven years of age.

- Supervised care is available while parents are using the Recreation Center.
- Parents need to register their children upon arrival.
- Child care requires punch cards that are available for purchase at the front desk and reloadable in two, five or 15 hour cards.
- Cost is \$2/hour per child
- There is a 90-minute time limit per visit.
- Please bring a labeled drinking cup or a water bottle and a snack for your child.

# Fee Information

## Fee Information

### Daily Admission

Your admission fee includes full use of the entire facility including: weight rooms, swimming pools, selected fitness classes, running track, hot tub and saunas, cardiovascular equipment and showers/lockers. Children four and under are free with paid adult admission. Child care services require additional fee.

### Admisión Diaria

Costo de admisión incluye el uso completo de todo el recreación, equipo de pesas, las albercas, clases de aeróbics, sauna y cuarto de vapor. Niños de 4 años y menor entran gratis con la admisión pagado de un adulto. Servicios de cuidado de niños requiere cobro adicional.

### Pass Type Definitions

**Family Pass** – Up to two adults (married couple or civil union) and their dependent children (age 21 years and younger) all residing at the same address. Adults must show residency with a valid Colorado Driver's License. Available to non-traditional families with legal guardianship.

**Couple Pass** – A married couple or civil union couple residing at the same address. Couple must be able to show proof of residency with a valid Colorado Driver's License displaying same address.

### Attention Recreation Center Pass Holders

All pass holders will need to present their Recreation ID card in order to gain admission into the Recreation Center. As a courtesy to our customers, if you lose your card, we will print a free card for you. After one free card, you will need to pay \$2 for each replacement card.

The Brighton Recreation Center does not offer a towel service. Towels are available as a courtesy to patrons who arrive without their towel on occasion. If you borrow a towel, please expect to reimburse the front desk \$2 per towel.

## ADMISSION FEES

Daily Fees	Resident	Non-Resident
Youth (5-17 years)	\$2.75	\$3.50
Adult (18-59 years)	\$4.50	\$5.50
Seniors (60+ years)	\$2.75	\$3.50
15 Visit Pass	Resident	Non-Resident
Youth (5-17 years)	\$24	\$35
Adult (18-59 years)	\$53.75	\$65.75
Seniors (60+ years)	\$29.75	\$40.75
Quarterly Pass	Resident	Non-Resident
Student (5-22 years)	\$55	\$80
Adult (23-59 years)	\$86	\$105
Seniors (60+ years)	\$62	\$78
Couple	\$136	\$173
Family	\$168	\$210
Annual Pass	Resident	Non-Resident
Youth (5-17 years)	\$165	\$200
Adult (18-59 years)	\$250	\$320
Seniors (60+ years)	\$145	\$185
Couple	\$395	\$495
Family	\$495	\$635

- A recreation center ID is required to qualify for resident admission status. See page 4 for details.
- Tarjeta de identificación de recreación se requiere para calificar para admisión de residente. Vea página 4 por información.
- Punch Cards, Quarterly, and Annual Passes are not considered resident IDs.

### To Err is Human...

Occasionally there may be an error in days, times, registration requirements or fees in our program booklet. When such errors do occur, the staff will do everything possible to correct the situation promptly. We thank you for your patience and understanding when these situations arise.

# Fee Information

## Recreation Center Resident Card / Brighton Oasis Resident Card

1. Recreation Center ID cards are required to qualify for resident admission status
2. Proof of residency is required
3. Cards are valid for two years
4. Card Fee: \$5
5. A minor (17 and younger) must be accompanied by a parent or guardian when purchasing a Recreation Center ID card. The adult must meet the residency requirements of the minor.

### Proof of Residency

1. Your current valid Colorado Driver's license with a current address; or
2. A valid Colorado identification card with a current address; or
3. A real estate tax notice, current utility bill, or a lease or rental receipt.

For complete details on resident cards, please call (303) 655-2200 or visit the Brighton Recreation Center at 555 North 11th Avenue.

## Tarjeta Residencial de el Centro de Recreación /Tarjeta Residencial de Brighton Oasis

1. Tarjetas de identificación se requiere para calificar para admisión de residente
2. Se requiere prueba de residencia
3. Las tarjetas son validas por dos años
4. El costo de la tarjeta es \$5
5. Un joven (17 años o menor) debera ser acompañado por un pariente or guardian al comprar una tarjeta de identificación de el Centro de Recreación. La persona adulta debera cumplir con los requisitos de residencia para el menor

### Prueba de Residencia

1. Licencia de manejar de Colorado valida, con domicilio que sea corriente; o
2. Una identificación de Colorado, con domicilio que sea corriente; o
3. Una carta o documento de haciendas, o un recibo de ya sea luz, gas, agua, o recibo de renta

Para mas información sobre tarjetas residenciales, por favor llame (303) 655-2200 o visité el Centro de Recreación a 555 norte, avenida 11.



## Fee Assistance

The City offers a reduced rate plan for individuals and families who apply for assistance and meet specific requirements. Applications may be picked up at the front desk. Please see the front desk staff for a list of specific recreation activities approved under the youth reduced rate program.

## Corporate Membership Discount

This program is designed to offer employees of businesses located within the City of Brighton the opportunity to improve their wellness. Corporate discounts are available for individual 15-visit, quarterly and annual passes.

## Don't Forget...

To bring a padlock or combination lock for the locker rooms. Loaner locks are provided by the Recreation Center with a \$5 deposit, your Recreation ID or your current Drivers License.

# 2017 Calendar of Events

**JAN**

<b>1</b>	New Year's Day (Recreation Center closed)
<b>10</b>	ABC's & 123's and Wee One's
<b>16</b>	Co-ed Volleyball Begins
<b>21</b>	Youth Basketball Begins

**FEB**

<b>4</b>	Father/Daughter Valentine's Day Dance
<b>6</b>	Mon/Wed Swim Lessons Begin
<b>9</b>	Night of the Stars Talent Show Audition
<b>18</b>	Babysitter's Course
<b>21</b>	Spring Adult Softball
<b>26</b>	Night of the Stars Talent Show

**MAR**

<b>4</b>	Eagle View Spaghetti Luncheon
<b>8</b>	Parks & Recreation Summer Job Fair Gallery On the Go - Kids 'n Canvas
<b>9</b>	Kids in the Kitchen
<b>25</b>	American Red Cross Lifeguard Training

**APR**

<b>1</b>	Youth Soccer Begins Pee-Wee Soccer Begins
<b>8</b>	Eggstravaganza Youth: Interstellar Adventure
<b>16</b>	Easter (Recreation Center Closed)
<b>22</b>	Youth Weight Room Orientation

# Facility Rental Information

## Community Rooms

The Recreation Center has three community rooms available for rent. Each room may be used separately or as one large room. The maximum seating for each room is 60 banquet style and 100 theater style. The maximum number for all three rooms is 200 banquet style and 250 theater style. **Community Rooms may be reserved up to one year in advance.**

Rooms	Resident/ Non Resident	Profit	Nonprofit*	Damage Deposit** No Alcohol/With Alcohol
1 Room	Resident	\$35/hr	\$17.50/hr	\$150/\$250
	Non-Resident	\$55/hr	\$27.50/hr	\$150/\$250
2 Rooms	Resident	\$70/hr	\$35/hr	\$250/\$350
	Non-Resident	\$110/hr	\$55/hr	\$250/\$350
3 Rooms	Resident	\$105/hr	\$52.50/hr	\$350/\$450
	Non-Resident	\$165/hr	\$82.50/hr	\$350/\$450

\*Nonprofit organizations must provide state of Colorado tax exempt ID number to receive nonprofit rate.

\*\* Deposit is due at the time of booking, does not apply towards rental fee.

**Additional Fees:** All rentals incur a \$25 set up fee. Kitchen is a flat fee of \$30. Additional charges for after hours rentals of \$10/hour.

## Security

All events requesting alcohol are required to be monitored by (1) off-duty Brighton Police Officer for parties of 60 persons and under and (2) off duty Brighton Police Officers for parties over 60 persons. The officer(s) must be present one-half hour before alcohol is to be served and must be present through the remainder of the event. The Brighton Recreation Center will make arrangements for all security. Alcohol may be served for a maximum of four hours and must be discontinued by 11 p.m. **Alcohol is limited to beer & wine only**, with no glass containers. The fee for security is \$50/hr/officer.

## Birthday Swim Package

Let us help plan your child's birthday celebration. Birthday parties are held Saturdays and Sundays from 1-2 p.m. with swimming from 2-4 p.m. Parties are for youth 12 years and under and for **16 people** total.

**Solid Party** – Color choices: Pink, Purple, Yellow, Blue, Red, White, Orange or Green

Cost: \$80 plus \$50 damage deposit

Package includes: Quarter-sheet cake in your choice of flavors, two 2-liters of soda, plates, cups, napkins, forks, swimming cards and the right number of candles. Bring your own lighter or matches.

*\*All pool rules apply to birthday party participants.*

Upgrade to a Cold Stone Creamery ice cream cake.

**Add \$10**

Choose one of each:

**Cake Flavor:** Vanilla, Chocolate or Marble

**Ice Cream Flavor:** Vanilla, Chocolate or Oreo



## Parental Supervisory Rule

For the safety of your child at all aquatic facilities in the City: Children six years and under must be accompanied by a supervisor in the water, 16 years or up when in the pool. Children seven years of age need to have supervision by a parent or guardian aged 16 years or up from the pool deck. Adult to child under age six ratio not to exceed one adult to three children.

- Call (303) 655-2200 for more information
- Rental is required at least two weeks prior to party date
- A \$50 damage deposit and payment is required at the time of booking
- Remember to bring locks for the locker room



# Facility Rental Information

## Community Gardens

\$20 for residents/\$30 for non-residents – all plots are the same price. The Community Gardens are located at:

Adventist Garden	781 S 5th Ave between Voiles St & Bromley Ln
Denver St.	1119 E Denver St near the Recreation Center
Ken Mitchell Garden	889 Kinglet Court adjacent to Ken Mitchell Park, includes smaller raised beds
Northgate Garden	4801 Mt Evans St in the Northgate subdivision
Zion Garden	395 S. 14th Ave. adjacent to Zion Lutheran Church

Plots are available for reservation for 2017 growing season, beginning at **7 a.m. on Friday, Jan. 20, 2017 for Brighton residents** and at **7 a.m. on Friday, Feb. 3, 2017 for non-residents**. Returning gardeners will be allowed to reserve their same plot on a space available basis.

See page 38 for Community Garden Application.

## 1886 Church Reservations

The 1886 Church is available for rentals and tours. The 1886 Church is located at 147 S. 1st Ave., Brighton, CO. The church can seat approximately 60 people. Folding chairs can be placed in the church to accommodate 10-15 additional people. (Chairs are not provided.) Restrooms are not available.

The fee schedule is as follows:

- \$150 deposit to reserve the date of the rental
- \$35 deposit for the check-out of the keys
- \$50 resident rental fee
- \$70 non-resident rental fee

## Refund Policy for Facility Rentals

### For Community Rooms & the 1886 Church:

If a cancellation is 30 days prior to the event, there is a \$30 cancellation fee. For cancellations less than 30 days prior to the event, the entire damage deposit is forfeited.

### For Park Shelters:

- No refunds with less than 10 days notice.
- No refunds for inclement weather.
- There is a \$5 cancellation fee per shelter for all park shelter cancellations.

### For Community Gardens:

- No refunds after the gardening season has started (when the water is turned on).
- There is a \$5 cancellation fee for cancellations prior to the start of the gardening season.

### For Brighton Oasis Rentals:

- If a cancellation is less than 15 days prior to the event, the entire damage deposit is forfeited.
- There is a \$5 cancellation fee for rentals with 15 days notice.

For more information regarding all rentals, please contact the Recreation Center at 303-655-2200.

## Park Shelters:

Shelters may be rented from May through September with some limitations on seasonal availability. Fees to reserve a shelter are as follows:

Park Shelters	
Resident \$55	Non-Resident \$65
The following parks are available May 13 to September 4 10 a.m. - 10 p.m. daily:	
Benedict Park	
Brighton Park	
Carmichael Park	
The following parks are available June through August noon to 10 p.m. daily:	
Brighton Japanese American Association Park	
Dewey Strong Park	
Donelson Park	
Farmer's Park	
Pheasant Ridge Park	

Benedict Splash Pad Shelter	
Resident \$75	Non-Resident \$95
Splash Pad @ Benedict Park is open 10 a.m. - 7 p.m. May 27 to September 4, 2017	

*Rentals must be booked at least 10 days in advance and payment is due at the time of the reservation.*

*All reservable park shelters are on a first-come, first-serve basis, when not booked a minimum of 10 days in advance. All other shelters not listed will operate on a first come, first serve basis. Advance bookings will be accepted for the 2017 season starting in January 2017.*



# Facility Reservation Information



*Advance bookings for the  
Summer 2017 Season  
start  
January 2017*

Party packages, pavilion rentals, shade shelter, & private after hour rentals available.

## Brighton Oasis Party Packages, Pavilion and Shade Shelter Rentals

<b>Party Package A</b>	Up to 15 admissions and a 2 hour pavilion rental with soda, ¼ sheet cake and all paper products. <b>Cost \$170 + \$50 deposit</b>
<b>Party Package B</b>	Up to 25 admissions and a 2 hour pavilion rental with soda, ½ sheet cake and all paper products. <b>Cost \$230 + \$50 deposit</b>
<b>Pavilion Rental</b>	This option is ideal for the do it yourselves who just need their own sheltered space to host their own gathering. Admission not included. <b>Cost \$45/hour + \$50 deposit</b>
<b>Shade Shelter</b>	A covered seating option away from the action. Located in the northwest corner of the property, this area includes 2 lounge chairs and a small table with 4 chairs. Admission not included. <b>Cost \$15/hour, no deposit.</b> Available for pre-booking or day of rentals. For pre-booking until May 27, call 303-655-2200. For pre-booking after May 27, call the Oasis front desk. For day-of rentals, please inquire at the Brighton Oasis front desk.

Pavilion rental time slot options: 11 a.m.-1 p.m.; 1:30-3:30 p.m.; 4-6 p.m.

## Brighton Oasis After Hour Rental Information and Policies

Come and join us at the Oasis for an after-hours party or celebration. This is the perfect idea for your company or for family and friends to enjoy the amenities exclusively! After hours rentals are available every day from 6:30-8:30 p.m.

The rentals may begin setting up for their rentals no earlier than 6 p.m. Book your party now as spots will go fast. Starting in mid-July, pool access will need to end prior to 8:30 p.m. due to diminished light & safety concerns related to this. Proration and adjustments will be made at the time of booking.

Guest count is required at the time of the booking with a 20 person variance allowed.

## AFTER HOURS RENTAL FEES

1 to 100 guests	\$400 + \$100 refundable deposit
101 or more	\$3 each additional person

## To book your rental:

We are accepting bookings for rentals for the 2017 season starting Jan. 9, 2017. For information or to book your rental, please call the Recreation Center at (303)-655-2200. We request at least two weeks notice for all rentals (except shade shelter) and require the damage deposit & full rental payment at time of booking.

## Pool Rental Regulations

- Alcoholic beverages are prohibited. Evidence of alcohol will result in immediate expulsion from the facility. No refund will be given.
- All facility and pool rules are strictly enforced.

## Cancellations within two weeks

Deposit will be forfeited. In the case of bad weather we can reschedule the event, subject to availability. If rescheduling cannot be accommodated, you will receive a full refund.





# Aquatics

## Indoor Pool - General Information

The Brighton Recreation Center offers a five lane, 25-yard, year round pool for leisure swimming, lap swimming, fitness lessons and educational programming. For you and your family's enjoyment, there is a leisure pool with a bubble bench, water works and slide.

## Aquatics Contacts

### Aquatics Supervisor:

John Workman - JWorkman@brightonco.gov  
303-655-2212

### Aquatics Coordinator:

Angela Yazdani - AYazdani@brightonco.gov  
303-655-2213

### Pool Manager:

Taylor Krolopp - TKrolopp@brightonco.gov  
303-655-2211

## Hours of Operation

### Monday through Thursday

5:30 a.m. - 8:30 p.m.

### Friday

5:30 a.m. - 6 p.m.\*

\*Close at 6:30 p.m. June thru August

### Saturday

7 a.m. - 5:30 p.m.

### Sunday

10 a.m. - 4:30 p.m.

*The Recreation Center Pool is available for open and lap swimming daily. The pool closes 30 minutes before the Center closes.*

## Pool Closures

There will be no open swim during M/W and T/Th swim lessons. Saturday mornings the leisure pool will open at 10:15 a.m. for open swim. During CARA swim practice, the entire lap pool is closed. There will be no lap space available M/W during CARA swim team. On M/W from 6-7 a.m. the Masters Swim team will require 2-3 lanes.

## Slide and Waterworks Schedule

### Monday - Thursday

10:15 a.m. - 4:15 p.m.

6:15 p.m. - 8:30 p.m.

### Friday

10 a.m. - 6 p.m.\*

\*Close at 6:30 p.m. June thru August

### Saturday

10:15 a.m. - 5:30 p.m.

### Sunday

10 a.m. - 4:30 p.m.

*During group swim lessons the slide, bubble bench and waterworks will be closed.*

## Rest Period

Every hour on the hour from noon to 4 p.m., there is a 10-minute rest period. Both pools will be cleared except for ADULT (17 years of age and older) lap swimmers and adults with infants under one year of age.

## DON'T FORGET

You must wear a swimsuit in our pools.  
No basketball shorts, tee shirts or street clothes.

Trajes de baño son requerido en las albercas. No pantalones cortos de baloncesto, camisetas de algodón o ropa de calle.

## Hot Tub, Dry Sauna & Steam Room Rules

1. You must wear proper swim wear in the hot tub, steam room, and sauna. No long sleeves or pants.
2. You must shower before entering.
3. You must be at least 17 years old.
4. Electrical or battery operated equipment may be damaged by hot temperatures.
5. No spitting or release of bodily fluids allowed.
6. Be cautioned that long exposure to these high temperatures may cause fatigue, dizziness, shortness of breath and nausea. Please do not spend more than 15 minutes in hot tub.
7. If you are pregnant or have a heart condition, please consult your physician before using the hot tub.

## Open Swim Note:

All groups of 10 participants or more must be pre-approved by Aquatics Coordinator.

## PARENTAL SUPERVISORY RULE:

- Children ages 6 and under must be accompanied within arms' reach by a parent or guardian age 16 years or up when in the pool (No exceptions).
- Children 7 years of age need to have supervision by a parent or guardian aged 16 years or up from the pool deck.
- Adult to child under age 6 ratio not to exceed 1 adult to 3 children.
- Niños 6 años y menor deben ser atendidos dentro de la distancia de sus brazos por un padre o supervisor 16 años o mayor en la alberca. (No excepciones.)
- Niños 7 años de edad deben ser supervisados por un padre o supervisor 16 años o mayor de la plataforma de la alberca.
- Adulto a niños proporción para no exceder 1 adulto a 3 niños.

# Aquatics

## Do You Need a Job? Something Fun in the Sun? Looking for Extra Cash?

*\*We may even pay you back for the cost of your certification!\**

Now is the time to think about your employment for the summer. Applications will be accepted for temporary/seasonal employment. We are looking for lifeguards and swim instructors for the summer season for the Brighton Oasis and the Recreation Center.

\*For more details please call the Aquatics office at (303) 655-2212.



## Master's Swim Team

Do you want to swim on an adult swim team to improve your endurance and strength? Do you need motivation and coaching to swim a good work out? Come join the Master's Swim Team today! This hour workout will be provided with proper direction and technique improvement to build your strength, endurance and times.

**Cost:** \$35

Age	Day	Dates	Time	Session
17+	Mon/Wed	Jan 9-Apr 12	6-7 a.m.	312002A

**Location:** Recreation Center Pool

## CARA Swim Team

An introduction to competitive swimming including: freestyle, backstroke, breaststroke and butterfly. Continued stroke development and an introduction to swimming in a productive team environment are also developed.

Age Recommendation: Six-16 years or pass skills test at Level Five.

Must be comfortable in the deep and shallow ends of the pool. Needs to be able to perform front and back crawl with rhythmic breathing unassisted for 25 yards. The swimmers will be swimming the length of the pool during practices so this is a requirement.

For more information contact the Pool Manager at (303) 655-2213.

**Cost:** \$80

Days	Dates	Time	Session
Mon & Wed	Jan 9-Apr 12	5:30-6:45 p.m.	312003A

**Location:** Brighton Recreation Pool

## Swim Meet Dates

February 26	Westminster
March 25	Thornton
March 31	Longmont

Please contact the Aquatics Coordinator at (303) 655-2213 for more information on the aquatics program.

## American Red Cross Blended Learning Lifeguard Training

This is an accelerated version of our lifeguard training. Candidates will complete an online portion of the class before the start date. Cost-\$35 to American Red Cross for online and \$40 to Brighton Recreation Center!

**Cost:** \$75 Registration & License Fee

Age	Days	Dates	Time	Session
15+	Tue-Thu	Jan 3-5	9 a.m.-4 p.m.	312001A
	Sat-Mon	Mar 25-27		312001B

**Location:** Brighton Recreation Center

*Note: You must be able to complete the prerequisite skills on the first day to continue. Swim lessons and endurance building are not provided during the Lifeguard Training course and should be addressed before the first day of class.*

Prerequisites completed on first day of class: You MUST be able to perform these skills on day 1:

- 300 yard swim, retrieve 10 pound brick from 9 ft. using a feet first surface dive and swim it back 20 yards to the wall and tread water for 2 minutes with use of legs only.



We are always hiring  
**swim instructors!**  
For inquiries please call 303-655-2213

# Aquatics

## Private Swim Lessons

Lessons are available for those who want more individualized attention. We have a "pool" of enthusiastic instructors looking forward to helping you or your child achieve your goals! Please allow at least one week for initial contact.

## Private Lesson Packages

Cost	Day/Time
4 pk-\$82 PLPP4 8 pk-\$164 PLPP8	Times available upon instructor and student compatibility

## Semi-Private Lesson Packages

Semi-private lessons are for 2-4 children with an instructor.

**Participant must provide the additional student** to make it a semi-private lesson. Each lesson is 30-minutes long. Lessons are set up in order received.

Cost	Day/Time
4 pk-\$48 SPLPP4 8 pk-\$96 SPLPP8	Times available upon instructor and student compatibility

If you have questions on lessons or are interested in registering for private or semi-private lessons, please call Angela Yazdani at (303) 655-2213

## Swim Lesson Information

## Swim Lesson Quick Tips

- There is no sure way to predict how quickly your child will progress. Consider that most children do not pass a class after just one session. Breakdown just one session in hours (range from two to four hours a month) and consider how quickly a skill can be taught, learned and demonstrated.
- Pollywogs is similar to Level One while Guppies is similar to Level Two. Minnows is an advanced pre-school level that incorporates skills from both of Level Two and Beginner Level Three. The reason for the preschool separation is to avoid huge age differentials i.e., a four year old in level one with a nine year old
- Please keep in mind the benefit of being added to the waitlists. Your child may end up in a class. There have been changes to the way you sign up for waitlist. There is now only one waitlist for evenings and one for morning for each session. If possible, we will open up whichever class has the highest demand.
- If you want your child to be safe around the water by summer, sign them up for swim lessons now!
- Contact aquatic management for any questions or concerns regarding your child's swim level placement including future registration.

## Swim Lesson Registration

Swim lessons are held at:

Brighton Recreation Center, 555 North 11th Avenue

*\*Please review our refund policy\**

- All classes must have at least three registrants. Classes below the minimum will be canceled no later than 24 hours before class is scheduled to begin. If a class has not been canceled and has only one student registered, the class will be 20 minutes each instead of 30 minutes. (Excluding private and semi-private lessons)
- **Registration deadline for all lessons is five business days before each session begins. You will not receive a refund after this time has passed.**
- Class maximums are set for quality and safety reasons.
- Fees must be paid at time of registration.

*\*Note: A parent or legal guardian may only register their child(ren) under age 18.*

## Splash and Play

### Parents and Children Swim Meet Up at the BRC Pool

Are you tired of being stuck inside all day? Could you use a little adult conversation (while still keeping a watchful eye on your little one of course)? Meet up at the BRC Pool on M/W/F anytime between 10:15 a.m.-1:15 p.m. and shake that cabin fever! This is an excellent way to make new friends and get your children prepared for swimming lessons.

**Cost:** \$2 per person

(Splash and Play pricing only)

Age	Day	Date	Time	Session
Parents	M/W/F	*Jan 9-Apr 28	10:15 a.m.-1:15 p.m.	312006

*\*No Splash and Play January 16, February 20 and March 27-April 7 due to Spring Break*



# Aquatics

## SWIM CLASS DESCRIPTIONS

There is a maximum of six participants in each class, excluding the class "Water Babies" which has a maximum of 10 children and their parent. To register, contact the recreation center (303) 655-2200. Please refer to age ranges when enrolling students. To ensure class safety, students enrolled incorrectly may be removed from lessons if we do not have room for them to move to the correct class. For more information on swim lessons and placement, contact the Pool Manager at (303) 655-2213.

**WB**

### Water Babies:

Ages 6 months - 3 years

Parents must accompany the child in the water. Safety, water adjustment, and water exploration are a few of the skills that will be taught to the parents to enable them to teach their child outside of the structured class as well as introducing a student/instructor relationship.

**PBP**

### Preschool Beginner Pollywogs

Ages 3-5 years

There are no prerequisites. This class is recommended for children who have little to no experience in the water and will be introduced to the teacher/student relationship. The objective is to help students feel comfortable in the water and to learn how to enjoy the water safely. Students will be introduced to proper breath control, putting their face in the water, assisted floating front/back, assisted front glides. Underwater exploration will be introduced. Students will progressively learn to demonstrate skills independently. Students that successfully pass this class will be able to demonstrate front floats and back floats independently for 10 seconds each. Please refer to age ranges when enrolling students.

**PG**

### Preschool Guppies

Ages 3-5 years

This class is recommended for students that have successfully passed Preschool Beginner Pollywogs. Students will build on the basic fundamentals learned in the beginner class including underwater exploration. Independent front glides and back glides will be the focus of this class and the foundation of freestyle and backstroke. To pass this class, students must be able to independently demonstrate front glides and back glides for 10 seconds or two body lengths. Whichever distance is further. Students that successfully pass this class, with the approval of the instructor and/or Aquatic Management, will be able to participate in Preschool Minnows.

**PM**

### Preschool Minnows

Ages 3-5 years

This class is recommended for students that have successfully passed Preschool Guppies. Students will continue independent swimming progressions in this class including proper freestyle starts from the side of the wall, introduction to beginner freestyle, proper starts for back stroke and beginner back stroke. Students that successfully pass this class must be able to swim independently and comfortably half the length of the lap pool (both beginner freestyle and back stroke). Class participants will swim in the lap pool most or all days. Students that successfully pass this class, with the approval of the instructor and/or Aquatic Management, will be able to participate in Level 3.

**1**

### Level 1: Water Exploration

Ages 6+

There are no prerequisites. This class is recommended for children who have little to no experience in the water. Students will be introduced to the teacher/student relationship. The objective is to familiarize students' to the water and to learn how to enjoy the water safely. Students will be introduced to breath control, putting their face in the water, assisted front/back floats, and front glides. Underwater exploration will also be introduced. Please refer to age ranges when enrolling students.

**2**

### Level 2: Fundamental Skills

Ages 6+

This class is recommended for students who have successfully completed level 1. The objective is to build students' confidence with fundamental skills previously learned including underwater exploration. Other skills include breath control, front/back glides and an introduction to freestyle and back stroke. Students will progressively learn to demonstrate front glides and back glides independently.

**3**

### Level 3: Stroke Mechanics

Ages 6+

This class is recommended for students who have successfully completed level 2. The objective is to continue progressions with the strokes introduced in level 2. There will be a focus on freestyle and back stroke. Students will continue refining proper breathing techniques for each stroke learned. There will be an introduction to breast stroke and elementary back stroke as well as an intro to treading water. Students need to be able to swim half the length of the lap pool independently demonstrating freestyle and backstroke to register for the next class.

**4**

### Level 4: Stroke Development

Ages 6+

This class is recommended for students who have successfully completed level 3. The objective is to develop proper stroke technique and endurance. Freestyle and back stroke skills will be refined with drills and distance swimming. Proper side breathing technique for freestyle will be taught. Breast stroke and elementary back stroke will continue to be practiced. Intro to butterfly will begin here.

**5**

### Level 5: Stroke Refinement and Endurance

Ages 6+

This class is recommended for students who have successfully completed level 4. There will be a focus on building swimming endurance with all four competitive strokes as well as refining technique. Students in this class will begin to swim 50 yards at a time for each stroke. After completion of this class, the student should be able to swim laps comfortably. After completion of this class, it is strongly recommended to join the CARA swim team to maintain skills and promote healthy exercise habits.



# Aquatics

## 2017 WINTER SWIM LESSONS

Please show up five minutes early to your first class. Water Babies (Parent-tot) classes (for children ages 6 months to 3 years) are separate registration numbers, see below. Class size will range from three to five participants per instructor.

Session A & B Swim Lesson Registration*
<b>Residents Only</b> - Thursday, Dec. 8, 2016 In person only beginning at 7 a.m., online beginning at noon (within legal Brighton City limits with proof of residency)
<b>Open Registration</b> - Friday, Dec. 9, 2016 In person only beginning at 7 a.m., online beginning at noon

Session C Swim Lesson Registration
<b>Residents Only</b> - Thursday, Feb. 16, 2017 Walk in or online at 7 a.m., call in at 8 a.m. (within legal Brighton City limits with proof of residency)
<b>Open Registration</b> - Thursday, Feb. 16, 2017 Walk in or online at 1 p.m., call in at 2 p.m.

\*Phone registration for Session A & B will be accepted on Saturday, December 10, 2016 after 7 a.m.

### Monday / Wednesday Morning Swim Lessons

8:30-9 a.m.	Pollywogs	Level 1
	313020	312015
9:05-9:35 a.m.	Minnows	Guppies
	313040	313030

Each session consists of eight 30-minute lessons for \$30

### Monday / Wednesday Afternoon Swim Lessons

4:30-5 p.m.	Pollywogs	Level 2	Guppies	Level 4	Level 5
	313026	312030	313037	312045	312051
5:05-5:35 p.m.	Level 1	Pollywogs	Level 3	Level 4	Guppies
	312018	313028	312037	312046	313031
5:40-6:10 p.m.	Water Babies	Pollywogs	Minnows	Level 2	Level 3
	312005	313021	313042	312029	312038

Each session consists of eight 30-minute lessons for \$30

### Tuesday / Thursday Afternoon Swim Lessons

4:30-5 p.m.	Water Babies	Guppies	Level 4	Pollywogs	Level 5
	312006	313032	312050	313027	312056
5:05-5:35 p.m.	Pollywogs	Level 1	Level 4	Level 3	Minnows
	313022	312021	312070	312040	313046
5:40-6:10 p.m.	Pollywogs	Level 2	Guppies	Level 3	Minnows
	313023	312032	313033	312060	313043

Each session consists of eight 30-minute lessons for \$30

### Saturday Morning Swim Lessons

8:30-9 a.m.	Water Babies	Pollywogs	Minnows	Level 2	Guppies
	312007	313024	313044	312033	313034
9:05-9:35 a.m.	Pollywogs	Guppies	Level 2	Level 3	Level 4
	313025	313035	312034	312043	312049
9:40-10:10 a.m.	Level 1	Minnows	Level 3	Guppies	Level 5
	312025	313045	312044	313036	312054

Each session consists of four 30-minute lessons for \$15

Choose your session
Session A Jan 9 - Feb 1
Session B Feb 6 - Mar 1
Session C Mar 13 - Apr 5

Choose your session
Session A Jan 9 - Feb 1
Session B Feb 6 - Mar 1
Session C Mar 13 - Apr 5

Choose your session
Session A Jan 10 - Feb 2
Session B Feb 7 - Mar 2
Session C Mar 14 - Apr 6

Choose your session
Session A Jan 14 - Feb 4
Session B Feb 11 - Mar 4
Session C Mar 18 - Apr 8



# Youth Sports



It's time to learn and polish your defensive, shooting, dribbling, and team basketball skills. Youth Basketball is offered to all youth, ages 6 to 12 years old. Practices are held once a week for 6-7 yr olds and twice a week for 8-12 yr olds. Games are played on Saturdays. Fee includes uniform shirt.

**Deadline to register: Dec. 16, 2016**

**Cost: \$60\*(shirt included)**

*\*A \$5 late fee will be assessed for late registrations*

Age	Day	Time	Date	Session
6-7 yrs Girls	Saturday (games) Practice tbd	8:30 a.m. - 3 p.m.	Jan 21-Mar 4	130001
6 yrs Boys	Saturday (games) Practice tbd	8:30 a.m. - 3 p.m.	Jan 21-Mar 4	130002
7 yrs Boys	Saturday (games) Practice tbd	8:30 a.m. - 3 p.m.	Jan 21-Mar 4	130003
8-9 yrs Girls	Saturday (games) Practice tbd	8:30 a.m. - 3 p.m.	Jan 21-Mar 4	130004
8 yrs Boys	Saturday (games) Practice tbd	8:30 a.m. - 3 p.m.	Jan 21-Mar 4	130005
9 yrs Boys	Saturday (games) Practice tbd	8:30 a.m. - 3 p.m.	Jan 21-Mar 4	130006
10 yrs Girls	Saturday (games) Practice tbd	8:30 a.m. - 3 p.m.	Jan 21-Mar 4	130007
11-12 yrs Girls	Saturday (games) Practice tbd	8:30 a.m. - 3 p.m.	Jan 21-Mar 4	130008
10 yrs Boys	Saturday (games) Practice tbd	8:30 a.m. - 3 p.m.	Jan 21-Mar 4	130009
11-12 yrs Boys	Saturday (games) Practice tbd	8:30 a.m. - 3 p.m.	Jan 21-Mar 4	130010

**Location:** Local schools and the Brighton Recreation Center

*\*Please see Team Selection Procedure for all Youth Sports!\**

**Coaches Meeting:** Saturday, Jan. 7 at 10 a.m. at the Brighton Recreation Center

**\*Make-up Coaches Meeting:** Saturday, Jan. 14 at 10 a.m. (coaches who attend the make-up meeting will receive second pick of practice times and locations).

## City of Brighton Youth Sports Registration Timelines & Policies

Brighton Youth Sports typically has two registration phases, open registration, and waitlist registration. Our approximate timeline is as follows:

- Approximately 4-6 weeks of open registration; registration at the designated fee without additional charges.
- Approximately 1-2 weeks of waitlist registration; participants will be placed on a waitlist and may be added if the program can accommodate additional participants. Fees will not be collected during this phase of registration. Fees are collected when the participant is added to the enrolled roster.  
*\*Those registered during waitlist registration are not guaranteed registration for the activity.*
- Please understand that although Brighton Youth Sports exists to serve as many participants as is logistically possible, waitlist registration often strains the timeline and resources of the program and often causes those registered before the deadline to be inconvenienced. In order to maintain the quality and integrity of the program, deadlines must be adhered to in strict manner.
  - Participants who register during waitlist registration will often be added to teams at a later date than those registered during open registration
- Programs will be advertised in our Parks and Recreation Guide available online at [www.brightonco.gov](http://www.brightonco.gov) and at the Brighton Recreation Center.
- Although other methods of promotion will be used, it is the responsibility of the participant and his/her parents to become aware of registration timelines.

In person registration is accepted at the Brighton Recreation Center or by telephone at 303-655-2200.

## Online Information

Schedules and updates now  
available online  
@ [www.brightonrecreation.com](http://www.brightonrecreation.com)



# Youth Sports



## Pee-Wee Soccer

An introduction to the game of soccer for your little one. Pee-Wee is three-on-three soccer with no goalie. Practice on Saturdays 30 minutes before the game. Coaches will be required to officiate Pee-Wee games. **Parents are needed to coach!**

**Deadline to register: March 13, 2017**

**Cost: \$35\***(shirt included)

*\*A \$5 late fee will be assessed for late registrations*

Age	Day	Time	Date	Session
4-5 yrs	Sat	9 a.m.-2 p.m.	Apr 1-May 13	110001 A-Z

**Location: Brighton Park**

**Parents:** Be sure to pick up handout at registration

**Brighton Youth Sports** reserves the right to require child's birth certificate to verify age.

**Note:** No Pee-Wee Soccer on Saturday, April 8 due to Eggstravaganza

**Coaches Meeting:** Saturday, March 25 at 10 a.m. at the Brighton Recreation Center

## Youth Soccer

Boys and Girls! Join the Youth Soccer League for fun and skill development. Games are played at Benedict Park, Donelson Park and Brighton Park on Saturdays, beginning in April. Parents are needed to coach Ages 6-12 years old.

**Parents:** Be sure to pick up handout at registration.

**Deadline to register: March 6, 2017**

**Brighton Youth Sports** reserves the right to require child's birth certificate to verify age. The recreation center reserves the right to make leagues co-ed if necessary.

**Cost: \$50\***(shirt included)

*\*A \$5 late fee will be assessed for late registrations*

Age	Day	Time	Date	Session
U6 Girls (6 & Under)	Saturday (games) Practice (weekdays)	Games: 8:30 a.m.-3 p.m.	April 1 - May 13	110002
U6 Boys (6 & Under)	Saturday (games) Practice (weekdays)	Games: 8:30 a.m.-3 p.m.	April 1 - May 13	110003
U7 Girls (7 & Under)	Saturday (games) Practice (weekdays)	Games: 8:30 a.m.-3 p.m.	April 1 - May 13	110004
U7 Boys (7 & Under)	Saturday (games) Practice (weekdays)	Games: 8:30 a.m.-3 p.m.	April 1 - May 13	110005
U9 Girls (9 & Under)	Saturday (games) Practice (weekdays)	Games: 8:30 a.m.-3 p.m.	April 1 - May 13	110006
U9 Boys (9 & Under)	Saturday (games) Practice (weekdays)	Games: 8:30 a.m.-3 p.m.	April 1 - May 13	110007
U12 Girls (12 & Under)	Saturday (games) Practice (weekdays)	Games: 8:30 a.m.-3 p.m.	April 1 - May 13	110008
U12 Boys (12 & Under)	Saturday (games) Practice (weekdays)	Games: 8:30 a.m.-3 p.m.	April 1 - May 13	110009

**Location: Brighton Park, Donelson Park, Benedict and other city parks**

*\*Please see Team Selection Procedure for all Youth Sports!\**

Coaches Meeting: Saturday, March 18 at 9 a.m. at the Brighton Recreation Center

# Youth Sports



## The British are coming!

British Challenger Soccer is coming to Brighton this summer to provide the #1 soccer camp in the U.S. and Canada.

*(You can find details and you must register for the camp at [www.challengersports.com](http://www.challengersports.com).)*

**All soccer camps are held at Brighton Park, at 555 N. 11th Ave.**



## Half-Day Player Development Camps

Emphasis is placed upon skill development and mastery of core techniques through individual and small group practices and coached games. This all action camp is our most popular program. Three hours per day for five days.

**Cost: \$145**

Age	Day	Time	Date
6-16 yrs	Monday - Friday	9 a.m.-noon	July 10-14
6-16 yrs	Monday - Friday	5:30-8:30 p.m.	July 10-14

## First Kicks

Young players are introduced to game basics through fundamental activities, games and fun soccer challenges. One hour a day for five days. Parents are encouraged to join in and help guide their child through this fun learning experience.

**Cost: \$90**

Age	Day	Time	Date
3 yrs	Monday - Friday	11 a.m.-noon	July 10-14

## Mini-Soccer

Fun games, competitions and skill-building activities are designed to enlighten and develop budding players. One and a half hours per day for five days.

**Cost: \$110**

Age	Day	Time	Date
4-5 yrs	Monday - Friday	9-10:30 a.m.	July 10-14
4-5 yrs	Monday - Friday	5:30-7 p.m.	July 10-14



## Golden Goal

The 'Golden Goal' session is a fun-packed add-on session that runs Monday-Thursday and is open to the 9 a.m.-noon campers only. Please provide your child with lunch. Challenger Sports coaches will supervise the children over the break between sessions.

**Cost: \$55**

Age	Day	Time	Date
6-16 yrs	Monday - Friday	1-3 p.m.	July 10-14

For **ADULT SPORTS** go to page 31-32



**REGISTER Online**

**@ [www.challengersports.com](http://www.challengersports.com)**

Click the "find a camp near you" tab  
& navigate via the "programs" section.

# Youth Sports

## Youth Sports Association - Contacts

Recreation Supervisor - Sports	Carleen Lehr	(303) 655-2208	CLehr@brightonco.gov
Sports Coordinator	Amanda Aburto	(303) 655-2203	AAburto@brightonco.gov
Brighton Youth Baseball Association Recreation & Competitive - (5-14 years)			www.brightonyouthbaseball.com
Track (indoor and outdoor) and Cross Country	John Martinez	(720) 422-0591	JohnMartinez803@comcast.net
Brighton Youth Association Football			www.brightonyouthfootball.com
F.C. Brighton Soccer			www.fcbrighton.com
Bull Frogs Swimming Team	Heidi Heim	(303) 323-5765	
<b>Sports Hot Line</b>		(303) 655-2210	

Call the Brighton Recreation Center's "Sports Hot Line" for current information about possible program cancellations, including cancellation due to inclement weather conditions.

## Upcoming Sports Activities

### Spring/Summer (March - July)

Soccer (ages 6-12) • Pee-Wee Soccer (ages 4-5) • Girls Softball (ages 6-13)  
CARA Track (ages 6-12) • CARA Tennis (ages 8-17) • Tennis Lessons (ages 6-13) • T-Ball (ages 5-6)

### Fall (August - November)

Fall Soccer (ages 6-12) • Pee-Wee Soccer (ages 4-5) • Girls Volleyball (ages 8-13)  
CARA Cross Country (ages 7-14) • Flag Football (ages 6-12)

**\*\*Dates listed are when programs are in session. Please allow 4-6 weeks for registration previous to these dates.**

### Teamsideline.com/BrightonCo

Youth Sports schedules are available on the City's website, but also by going to [www.teamsideline.com/BrightonCo](http://www.teamsideline.com/BrightonCo). This website allows you to see your child's schedule, but also allows you to sign up for communications. Through these communications you will receive a text and e-mail regarding any weather cancellations and/or scheduling changes. **You will only receive communication for the sports that your child is signed up for and not anything else.**



### Brighton Recreation Center Welcomes Winter with Wide Range of Programs!

The Brighton Recreation Center will be taking registrations for its Winter & Spring programs starting December 8 & 9!

Thursday, Dec. 8 at 7 a.m. marks the date and time for Brighton residents (with proof of residency) to sign up in-person at the Recreation Center for activities such as swim lessons, pre-k classes, dance classes, teen activities and more!

Online registration for residents will be accepted starting at noon on Friday, Dec. 8 at [www.brightonrecreation.com](http://www.brightonrecreation.com)

In-person open registration will begin Friday, Dec. 9 at 7 a.m. at the Recreation Center, and noon online.

Phone-in registration will begin Saturday, Dec. 10 at 7 a.m. To register over the phone, call the Recreation Center's amazing front desk team at 303-655-2200!

Keep an eye out for the Recreation Center flyer \*including a special promotional offer\*, which will be in Brighton mailboxes by the end of November!

# Youth Sports

## TEAM SELECTION PROCEDURE

The following procedure will be used in forming teams in each youth sports program.

1. Youth player registration will be open for at least one month.
2. The sports coordinator will open a certain number of teams, depending on the anticipated number of participants. Each team will have a roster limit, after these spots are full, there can be no additional registration for that team. Each team will be assigned a team letter or name. Teams will already be grouped by the following criteria:
  - a. Age division (grade level or actual age).
  - b. The player's gender (Brighton Youth Sports reserves the right to make teams co-ed if the situation requires).
3. Players may be registered to any of the teams for which they fit the criteria; (a 7-year-old boy may be registered for any 7-year-old boy's team), and for which there are roster spots available.
4. Individual coaches will contact players after the rosters are made official and distributed at the coaches meeting for that sport.
5. The City of Brighton Youth Sports staff must retain the right to reallocate players in order to maintain control over team balance. If a team proves to be exceptionally competitive, Youth Sports staff reserves the elastic right to separate those players.
6. Participants must turn the minimum age for the program before the last scheduled day of the program.
  - a. Registrants will only be allowed to move up one age division. However, the participant must meet the minimum age for the activity (ex: for youth soccer, players must turn 6, the minimum age for the program, by the last scheduled game or day of the program).
7. Registration will be open after teams are chosen but only on a space-available basis. Waitlist registrations can only be placed where there are roster spots available - specific team assignment is forfeited after the deadline.
8. After the registration deadline has passed, a waiting list will be kept. The person at the top of the waiting list will be contacted if a roster spot becomes available.
9. Once a team has practiced for two weeks or played any regular season games, participants are not allowed to switch rosters and play for an other Brighton Youth Sports team in the same sport.
10. Participants must not change teams without the express permission of the sports coordinator. Coaches do not have the authority to transfer players to different teams.





# Summer Job Fair 2017

## SUMMER JOB FAIR 2017 March 8 3 - 7 PM



**Brighton**<sup>™</sup>

*Parks & Recreation*

Brighton Recreation Center

555 N. 11th Avenue

(303) 655-2200

Come and speak with  
representatives from the  
Parks & Recreation Department  
and get information  
on employment with  
the City of Brighton

Summer Camp Staff • Swim Instructors • Lifeguards  
Child Care • Youth & Adult Sports • Parks Maintenance



All participants who fill out an application & return  
it the day of the job fair will get a pass for a free  
visit to the recreation center!



- Some positions hire as early as 15 years old
- Volunteer opportunities for 14 year olds
- Assistance with application completion



# Youth Programs

## Drop-In Child Care

**Monday through Friday** 8 - 11:30 a.m.  
**Monday through Thursday** 5:30 - 8:30 p.m.  
**Saturday** 8 - 11 a.m.

Drop in Child Care provides supervised child care for children six months through seven years of age.

- Supervised care is available while parents are using the Recreation Center.
- Parents need to register their children upon arrival.
- Child care requires punch cards that are available for purchase at the front desk and reloadable in two, five or 15 hour cards.
- Cost is \$2/hour per child
- There is a 90-minute time limit per visit.
- Please bring a labeled drinking cup or a water bottle and a snack for your child.

## Preschool Age Programs

These educational programs provide a great opportunity for children to engage with peers in a supervised group environment that encourages creativity, interaction, socializing, problem solving and communication. Children are lead through different activities to enhance fine and gross motor skills with age appropriate games, stories, songs, crafts and worksheets.

### Wee One's

Through the exploration of various games, crafts, books and activities, we focus on individual and group socialization plus cooperative play in a fun and colorful setting. Parents must remain in the building during this program.

Min/Max: 6/8

Age	Day	Date	Time	Session	Cost
2.0-3.0 yrs	Tue/ Thu	Jan 10-Feb 16	8:30- 9:15 a.m.	410003A	\$39
		Feb 21-Mar 23		410003B	\$33
		Apr 4-May 11		410003C	\$39

### ABC's & 123's

This class prepares little ones for pre-school with first learning basics for a successful classroom environment such as holding a pencil, sitting with a group and at a table, participating, listening, sharing and instruction. Children learn socialization skills, numbers, colors, letters and much more. Activities include arts and crafts, games and songs. Please send your child with a small snack daily.

Min/Max: 6/10

Age	Day	Date	Time	Session	Cost
3.0-4.0 yrs	Tue/ Thu	Jan 10-Feb 16	9:30- 11:30 a.m.	410004A	\$78
		Feb 21-Mar 23		410004B	\$65
		Apr 4-May 11		410004C	\$78

### KinderPrep

Not ready for kindergarten yet? This program reinforces classroom etiquette and socialization skills while providing a more intricate look at concepts such as patterning, categorization, rhyming and scissor skills while still exploring letters, numbers and shapes in a fun and structured environment through activities, crafts, games and songs. Please send your child with a small snack daily.

Min/Max: 6/10

Age	Day	Date	Time	Session	Cost
4.0-5.0 yrs	Mon/ Wed/Fri	Jan 9-Feb 17	9-11 a.m.	410021A	\$117
		Feb 20-Mar 24		410021B	\$98
		Apr 3-May 12		410021C	\$117

### For All Classes Listed In this Section:

- Special Requirements: Children must be toilet trained to attend ABCs/123s and Kinder Prep and in a pull-up for the Wee Ones program.
- All classes are held at the Rec. Center unless otherwise noted
- The stated age requirement must be reached by the date of the first class

## Kids in the Kitchen!

Sign up to learn how to make a homemade holiday dish and gift. Kids will learn about kitchen safety practices, food preparation, ingredients, measuring, following recipes, proper use of kitchen tools and appliances. The class also enjoys sampling the treats they make and taking home recipes and gifts.

Min/Max: 6/10

Age	Day	Date	Time	Session	Cost
7.0-12.0 yrs	Thu	Jan 12, 19, 26	5:30- 7 p.m.	410003A	\$30
		Feb 9, 16, 23		410003B	\$30
		Mar 9, 16, 23		410003C	\$30

## Kitchen Basics for Kids

Our young friends are introduced to basic concepts such as ingredients, measuring, mixing and instructions by creating items from no bake snacks to beverages and various kinds of playdough.

Min/Max: 4/8

Age	Day	Date	Time	Session	Cost
4.0-6.0 yrs	Tue	Feb 7, 14, 21	5:30- 6:30 p.m.	410031A	\$25
		Mar 7, 14, 21		410031B	

# Youth Programs

## Father Daughter Valentine's Day Dance

Join us for a magical night of dancing, games and prizes. Ticket price includes dancing, finger food, refreshments and a fun photo of you and your princess. Also invited (Uncles and nieces, grandfathers and granddaughters). Register by Wednesday, Feb. 1 to receive the early bird discount. After Feb. 1 the price goes up by \$5.

**Early Bird Cost:** \$15/pair, additional girls \$5

**Cost:** \$20/pair and \$5/additional girls

Age	Day	Date	Time	Session
All ages	Sat	Feb 4	6 - 9 p.m.	410100A
Additional Child				410100B



## Funshine Summer Program 2017

Funshine is an affordable state licensed program that offers care for school age children. Kids participate in daily games, outside play, arts, crafts and sports along with weekly swimming and field trips.

- Resident registration: April 6 at 7 a.m.
- Open registration: April 7 at 7 a.m.
- A \$100 deposit is due at the time of registration to save a spot plus required paperwork
- Phone or mail-in registration is not permitted
- Registration is at the Recreation Center

ALL participant information including 2017 immunizations, emergency contacts, allergies, medical/dental providers, swimming ability and t-shirt size is required in order to register. Immunizations required annually. Registration packet will be available March 24. Complete information will be included in the Summer 2017 brochure.

Age	Day	Date	Time	Cost
6-12 yrs	Mon-Fri	Jun 5-Jul 28	8:30 a.m.-4 p.m. Regular Hours	\$620/child*
6-12 yrs	Mon-Fri	Jun 5-Jul 28	7:30 a.m.-5:30 p.m. Extended Hours	\$860/child*

\* Location, dates and prices not confirmed at time of publishing. Complete information will be available in Summer 2017 brochure. There is an additional fee for the facility, TBD.

# Youth Programs

## Gallery On the Go - Kids 'n Canvas

Not a painting class; it's a party! In just two hours, a trained guide will instruct a pre-selected piece of artwork while guests enjoy painting and spending time with friends and family. You don't need to be an artist to have fun.

Min/Max: 7/10

Cost: \$17

Age	Day	Date	Time	Session
6-13 yrs	Wed	Jan 11	5:30-7:30 p.m.	410026A
		Feb 8		410026B
		Mar 8		410026C
		Apr 12		410026D

## Play-Well TEKnologies



Teaching  
Engineering to  
Kids

## Super Hero Engineering using LEGO

Save the world with LEGO® Super Heroes! Build the hideouts and vehicles of your favorite caped crusaders and learn what makes them not only Super Heroes, but Super Hero Engineers! An experienced Play-Well instructor guides young heroes as they design, build, and save a city where ingenuity and imagination can solve any conflict. For questions please contact Brie at 720-515-7390 or brianna@play-well.org

Min/Max: 8/25

Cost: \$170

Age	Day	Date	Time
6-12 yrs	Mon-Fri	Mar 27-31	9 a.m.-noon

To register, please go to the Play Well TEKnologies website at [www.play-well.org](http://www.play-well.org)



## Sports Karate

This class offers Martial Arts training, fitness programs for both children and adults, as well as self-defense training. We focus on our physical fitness, character development and self-defense.

Min/Max: 1/10

Cost: \$45/month

Age	Day	Date	Time	Session
6+ yrs	Mon & Thu	Monthly	7:30-8:45 p.m.	210018A

## Ballerinas

Calling all preschool ballerinas! Dancers will learn ballet basics and dance to fun music. Attire: Leotard, tights & ballet shoes.

Min/Max: 5/13

Cost: \$99

Age	Day	Date	Time	Session
3-4 yrs	Sat	Jan 28-Mar 21	11-11:40 a.m.	410001P
		Apr 1-Jun 3**		410001Q
5-8 yrs	Sat	Jan 28-Mar 21	2-2:40 p.m.	410001R
		Apr 1-Jun 3**		410001S

\*Dance Recital on 3/21 (session 1) & 6/3 (session 2) at Summerfest Event

\*\*No class May 27

## Dance Combo

Dancers will focus on Ballet, Tap and Jazz technique. Attire: Leotard and tights, ballet shoes & tap shoes.

Min/Max: 5/13

Cost: \$99

Age	Day	Date	Time	Session
3-4 yrs	Sat	Jan 28-Mar 21	11:45 a.m.-12:25 p.m.	410001E
		Apr 1-Jun 3**		410001F
5-8 yrs	Sat	Jan 28-Mar 21	1:15-1:55 p.m.	410001G
		Apr 1-Jun 3**		410001H

\*Dance Recital on 3/21 (session 1) & 6/3 (session 2) at Summerfest Event

\*\*No class May 27

## Lil' Hip Hoppers

Dancers will engage in Lyrical Jazz technique as well as fun hip hop steps! Attire: comfortable clothing, bare feet and sneakers.

Min/Max: 5/13

Cost: \$99

Age	Day	Date	Time	Session
3-4 yrs	Sat	Jan 28-Mar 21	12:30-1:10 p.m.	410001A
		Apr 1-Jun 3**		410001B
5-8 yrs	Sat	Jan 28-Mar 21	2:45-3:25 p.m.	410001C
		Apr 1-Jun 3**		410001D

\*Dance Recital on 3/21 (session 1) & 6/3 (session 2) at Summerfest Event

\*\*No class May 27

# Youth Programs



We are pleased to announce hands-on science workshops and camps that include exciting experiments and interactive participation! Register early; space is limited. These activity-based workshops are designed to get kids energized and excited about space science and exploration and participate in hands-on experiments.

**All workshops are \$22 except Interstellar Adventures (\$160 half day/\$220 full day all week).**

**If you register for more than one workshop, the price will drop to \$20 per class.**

## Interstellar Adventure Workshop

SpaceTime takes kids on a journey beyond the edges of our Solar System to explore the many mysteries of deep space including traveling at near the speed of light, piloting a nuclear powered spacecraft, taking shortcuts through wormholes, building and launching rovers & spacecraft to distant alien worlds and much more.

Min/Max: 6/16

Age	Day	Date	Time
5 - 12 yrs	Sat	Jan 14	9-11 a.m.
		Jan 21	11 a.m.-1 p.m.
		Feb 4	1-3 p.m.
		Feb 25	10 a.m.-noon
		Mar 11	12-2 p.m.
	Fri	Mar 24	9 -11 a.m.
	Sat	Apr 8	2-4 p.m.
		Apr 22	1-3 p.m.

## Cruising the Cosmos Spring Break Camp

half day / full day

SpaceTime's camp takes kids on a journey through our solar system and beyond to explore the many mysteries of outer space including traveling at near the speed of light, piloting a nuclear powered spacecraft, taking shortcuts through wormholes, exploring potential life-harboring planets & moons and much more!

Min/Max: 5/12

Age	Day	Date	Time
6 - 12 yrs	Mon-Fri	Mar 27-31	9 a.m.-noon \$160 (half day) 9 a.m.-4 p.m. - \$220 (full day)

## Sailing the Solar System Workshop

Set sail on an amazing journey through our cosmic neighborhood with SpaceTime's Sailing the Solar System Workshop. This workshop takes kids on a hands-on & minds-on adventure through the Solar System where they will get to explore the moons of Jupiter & Saturn, build their very own SpaceTime Cosmic Cruisers, pilot a remote controlled planetary rover and much more.

Min/Max: 6/16

Age	Day	Date	Time
5 - 12 yrs	Sat	Jan 14	11:15 a.m.-1:15 p.m.
		Jan 21	1:15-3:15 p.m.
		Feb 4	10:45 a.m.-12:45 p.m.
		Feb 25	12:15-2:15 p.m.
		Mar 11	2:15-4:15 p.m.
	Fri	Mar 24	11:15 a.m.-1:15 p.m.
	Sat	Apr 8	11:45 a.m.-1:45 p.m.
		Apr 22	10:45 a.m.-12:45 p.m.

## Register for SpaceTime Workshops

To register for the listed SpaceTime Workshops, please contact them at **720.851.7700** or at **www.spacetimekids.com**.

For information regarding their programs, e-mail [info@spacetimekids.com](mailto:info@spacetimekids.com).



# Teen Programs

## Colorado Youth Adventures

Join us for trips around the Denver Metro area. Offered in cooperation with the cities of Broomfield, Hyland Hills Recreation District, Englewood, Commerce City, Brighton, and Estes Park Recreation. "Building community among youth!"

## UNSER RACING

Do you have the need for speed? Strap in as we test all our racing skills on the race track.

Min/Max: 3/6

Cost: \$60

Note: All participants must have a notarized waiver for UNSER Racing or completed waiver with copy of parent's ID.

Age	Day	Date	Time	Session
11-18 yrs	Mon	Feb 20	10:30 a.m. - 1 p.m.	410100

Deadline to register is February 13.

We will meet at the Brighton Recreation Center and travel to Northglenn to meet up with other teens to take the bus to Unser.

## Rent-A-Teen Partnerships

Community teens are available to assist with babysitting, lawn care, house cleaning, flyer distribution, pet care or other jobs around your house or business. Partner with a teen!

Age	Location
12-18 yrs	Applications available at the rec center

Rent-A-Teen is an Information Service only. The City and Recreation Center accept no liability for the actions of persons involved in this program and does not guarantee the performance of teens listed in this service.



## Easter Eggstravaganza - April 8, 2017

Mark your calendar for April 8! Pitch in and help with this big event. Earn community service credit or rec. dollars. Citywide Easter Egg Hunt with 12,000 eggs, prizes and pictures with the Easter Bunny and other costume characters to provide a festive atmosphere.

**OUTDOOR EVENT** – Please dress for the weather!!



## Night of the Stars Talent Show Coming February 26, 2017

"Night of the Stars" talent competition for youth in grades K-12. There are four age categories to be judged during the competition. They are grades K-2; 3-5; 6-8; and 9-12.

**Audition date: February 9 from 5:30-8 p.m. at Brighton Recreation Center.** There is a \$6 audition fee. Priority audition will be given to pre-registered participants.

Session	Audition Time	Min/Max
410109A	5:30-6 p.m.	1/3
410109B	6:15-6:45 p.m.	1/3
410109C	7-7:30 p.m.	1/3
410109D	7:45-8 p.m.	1/3

**Local Competition:** The local competition will be held at The Armory Performing Arts Center on February 26. The show begins at 6 p.m. and there is a \$6 admission fee for audience age three and above.

**State Level Competition:** Top-rated acts at the local competition will be chosen to compete at the state level on March 12, 2017 at Lakewood Cultural Center located at 470 S Allison Pkwy, Lakewood, CO 80226.

\*Judges needed. Please contact Cara Curtis with your information (303)655-2209.

# General Interest Classes

## Babysitters Course

This course is designed for 11-14 year olds to give the knowledge necessary for the first time babysitting. Pediatric CPR/First Aid including: two year certification, Personal Safety, Growth and Development, Discipline, Illness and Injury Prevention, Basic Childcare such as diapering, feeding and bathing. **Please bring a lunch to this class.**

Min/Max: 5/10

**Cost: \$55**

Age	Day	Date	Time	Session
11-14 yrs	Sat	Feb 18	9 a.m.-3 p.m.	210001A

## Pediatric Plus/CPR

Pediatric CPR, First Aid for Children, Infants, and Adults provides an ideal training solution for babysitters who have completed the babysitting course and just need to recertify the CPR/First aid, someone who provides child care, youth sports coaches, and others required to learn how to respond to medical emergencies involving children. This versatile program is based upon the 2015 CPR and First Aid Guidelines, Caring for Our Children, and other evidence-based treatment recommendations.

Min/Max: 5/10

**Cost: \$55**

Age	Day	Date	Time	Session
11-Adult	Sat	Mar 4	9 a.m.-3 p.m.	210001B

## Hunter Safety Education Class Internet-Based

Go to [www.hunteredcourse.com](http://www.hunteredcourse.com) for options available for taking this course that involve additional costs. You must register for the conclusion part of this class on the CO Parks & Wildlife website. Please go to: <http://cpw.state.co.us/learn/Pages/HE-Online-Classes.aspx>. Bring your certificate to class.

Min/Max: 10/25

**Cost: \$10**

Age	Date	Time	Session
Able to read	Mar 11	noon-4:30 p.m.*	210024A
	Mar 25	6-8 p.m. - <b>**Range</b>	210024B

### Location:

**\*Brighton Recreation Center**

**\*\*Division of Wildlife Range, 6060 Broadway, Denver, CO 80216**

## Concealed Carry Permit Class

This class reviews handgun safety and concealed carry law. Completion of this class will give students a completion certificate necessary when applying for a concealed carry permit. **This is not an NRA approved course.**

Min/Max: 3/10

**Cost: \$80**

Age	Day	Date	Time	Session
21+	Sat	Jan 21	9 a.m.-1 p.m.	210002D

## Modern Combatives for Self Defense Classes

This is a class for everyday people that will lead to enhanced confidence for dealing with aggressive and potentially violent behavior. We make use of awareness and combative skills with avoidance and escape as a priority. Classes deal with verbal, open hand and weapon based scenarios and offers great mental and physical conditioning. Contact Chris Love at 720-201-8145 or [www.level5combatsystems.com](http://www.level5combatsystems.com) to register for this class.

Min/Max: 2/20

**Cost: \$75/adult**

Age	Day	Date	Time
18+	Mon & Thu	Monthly	7 -9 p.m.

## First Aid/CPR & AED for Infant, Child & Adult

This class will teach the skill and instruction needed to perform in case of an emergency such as: rescue breathing, choking, adult, child and infant CPR, control bleeding, care of a fracture and other injuries that may occur. These classes fulfill all requirements for those certified as Foster Parents, Group Homes, Child Cares, Day cares, and Elder Care facilities. This class is a great resume skill and having this knowledge may save someone's life. **This is a 2-year certification.** Questions, please call Scott Stuart at 720-608-0631.

Min/Max: 3/20

**Cost: \$75**

Age	Day	Date	Time	Session
11+ yrs	Sat	Feb 25	9 a.m.-1 p.m.	210002A
	Fri	Jan 27		210002B
		Mar 24		210002C

## Women's Self Defense Class

Colorado Kodenkan and Level 5 Combat Systems present hands on Self Defense class designed for women and teen girls. This is not a martial arts program, but it draws from 20+ years of experience in various martial arts. The techniques are easy to learn and retain as well as very effective. Please dress in workout attire. This class will help you in the following areas:

- Improve confidence
- Learn to defend yourself
- Increase awareness
- Learn to protect yourself and those around you

**Contact Chris Love at 720-201-8145 or visit**

**[www.level5combatsystems.com](http://www.level5combatsystems.com) to register for this class.**

Min/Max: 5/20

**Cost: \$40/adult**

\$35 if signing up two or more participants

Age	Day	Date	Time
11+	Jan 7	Monthly	9 a.m.-noon
	Mar 18		

# Fitness & Wellness Classes

## GROUP FITNESS

**Back to Balance:** This class use of various types of balancing fitness tools and dynamic cardio movements to improve balance, posture and functional strength.

**Basic Yoga:** Move through a series of poses, the movements and the breath are continuous. This mild stretch and Yoga class is designed to calm and strengthen the body.

**Bootcamp:** Traditional body weight exercises, interval training and weight training pushes participants passed their limits similar to a military bootcamp.

**PiYo:** A full-body workout that helps build strength, endurance, and flexibility through a blend of yoga and Pilates. This workout is calorie-torcing while safely stretching and gaining long, lean muscles.

**Cardio & Mobility:** Start your metabolism with low impact cardio while training your muscles to be more mobile. The use of bands, foam rollers, body weight and corrective exercises will help you move better, improve your workouts while aiding your bodies recovery.

**Chisel:** A total body strength training class using weighted barbells for a workout that burns fat while building muscle. This class has timed intervals to help you focus on cardio and strength.

**CRT Circuit: Cardio Resistance Training** - Challenge the whole body while moving from one timed station to the next. Benefits: burns calories, builds muscle, cardiovascular health and boosts endurance.

**Cycling:** Torch calories and build endurance in this hour long, low-impact class that allows you to be in control of your intensity and resistance.

**HIIT 30 (High Intensity Interval Training):** Spend only 30 minutes getting your heart rate up with high intensity cardio mixed with low-intensity strengthening moves. You can burn tons of calories in this quick class.

**Hip Hop:** Experience where Hip Hop dance and fitness collide. Learn today's hottest hip hop moves while enjoying the benefits of a fun, dynamic workout that tones muscles and develops core strength.

**Kickboxing:** This high intensity class uses traditional kickboxing movements with weighted gloves and bars to increase lean muscle mass and cardio endurance.

**Pilates-Pluss:** Core conditioning, classic mat work and specific choreographed sequences that lengthen and strengthen the muscles.

**TBC (Total Body Conditioning):** Strengthen both cardiovascular and muscular systems with the use of free weights, resistance, tubing, body bars and floor exercises. Weights and various fitness tools will be used in the class.

**Weekend Warrior:** This class is a mix of body weight training, cardio burst and strength training. You will work every muscle group in for a full body workout. This format will vary each week to constantly keep your body changing. No Choreography.

**Zumba:** Zumba combines Latin and international music to make a hip shaking calorie burning workout.

**Due to trends and demands in fitness, the drop-in schedule is regularly updated. For the most up to date schedule please visit [brightonco.gov/fitness](http://brightonco.gov/fitness) schedule or contact the BRC at 303.655.2228**

Ages 12+ are welcome to attend our Fitness classes with an adult. Ages 12-14 years are permitted to use the weightroom with an adult after completion of our Youth Weight Room Orientation.

## Child Care Hours

Ages 6 months-7 years old

Mon-Fri	8-11:30 a.m.
Mon-Thu	5:30-8:30 p.m.
Sat	8-11 a.m.



# Fitness & Wellness Classes

## SilverSneakers®

**SilverSneakers® Fit:** Designed for active adults who desire a safe and effective low-impact cardiovascular workout. Hand held weights, elastic tubing with handles are used for progressive resistance training. Chair can be used for stability and/or support for upper body strength exercises and abdominal conditioning. (Level 2)

**SilverSneakers® Classic:** A full body workout using a chair for seated and standing support. Muscular strength and range of movement conditioning is done at a very beginning level. A variety of strength and balance exercises are done using body weight, hand held weights, balls and elastic tubing with handles. (Level 1)

**SilverSneakers® Yoga:** This class challenges you with a variety of simple and safe yoga exercises you do at your own pace. Using a chair for support, increase flexibility, build endurance and learn how to relax and think more clearly. (Level 1)

## WATER FITNESS

**H2O Fitness:** Tone and sculpt your body with no impact to your joints. This popular water aerobics workout is a swimming blend of cardio and resistance training, and may incorporate resistance tools such as buoyant water weights and noodles.

**SilverSneakers® SilverSplash:** SilverSplash® offers shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required and a special SilverSneakers® kickboard is used to develop strength, balance and coordination.

**Deep Water:** This non-impact deep water class incorporates muscular strengthening, aerobics conditioning, and abdominal toning exercises. In it you'll use flotation equipment for buoyancy and water resistance. Participants should be comfortable in deep water.

## Love your Body Brunch and Learn

Join us Saturday, Feb. 11 at 8 a.m. for a one-hour workout with a healthy brunch and learn provided immediately following the workout. Spots are limited, so please register early! Contact the recreation front desk at (303) 655-2200.

Day	Date	Time	Session
Sat	Feb 11	8 a.m.	511012A

## March Group Fitness Challenge

Complete 20 Group Fitness Classes in the month of March and win cool prizes. Re-vamp your New Years Resolution and get ready for spring!

## FREE Weight Room Orientations

Learn to safely use cardiovascular equipment and weight machines. Please contact the Fitness Office to schedule your appointment at 303.655.2228.

## Personal Training

Each body type is unique and requires a different kind of training method to reach optimum health and fitness. A certified personal trainer can gauge your current fitness level, discuss your goals and develop a program tailored to meet your specific needs. Work one-on-one with a personal trainer to meet your fitness goals.

Sessions are one hour each. Each registration includes a 30-minute orientation and assessment with your trainer to discuss your goals.

Age	Session#	Cost
Adult/ Youth	PTPP1	\$36 for 1 Session
	PTPP3	\$96 for 3 Sessions
	PTPP5	\$150 for 5 Sessions
	PTPP10	\$280 for 10 Sessions

Minimum of three hours is required for initial package purchase.

**Note:** A medical consultation and a verbal physician's release is required (Forms are available at the Recreation Center).

## Semi-Private Personal Training

Work out with a friend while still reaping the benefits of a personal trainer. Semi-private training provides the same benefits as our personal training program, but you can do it with a friend at a lower session rate.

Sessions are one hour each. Each registration includes a free orientation and assessment with your trainer to discuss your goals.

Age	Session#	Cost per Participant
Adult/Youth	SPTPP3	\$42 for 3 Sessions
	SPTPP5	\$72 for 5 Sessions
	SPTPP10	\$142 for 10 Sessions
	SPTPP15	\$214 for 15 Sessions
Group of 3	GROUPT15	\$155 for 15 Sessions

**Note:** A medical consultation and a verbal physician's release is required (Forms are available at the Recreation Center).

# Fitness & Wellness Classes

## Body Composition Testing

Research shows percentage of body fat is the most accurate indicator of fitness and health. We use the Elerolipograph (body composition test) to measure the percentage of body fat and lean muscle mass. The number of calories that are burned in a 24-hour period is different for everyone. This test allows us to see how many calories your body needs in a 24-hour period based on your lean body mass. Please contact the Fitness Department for more information 303.655.2228.

Age	Session Name	Cost	Session
18+	Accurate Body Composition Assessment	\$15.00	510204A

## Commit to be Fit NEW YEAR CHALLENGE

Make your fitness goals a reality with this 4-week small group personal training challenge. Join a small team that meets with a trainer three times a week for four weeks. Your trainer will help you make exercise and healthy eating a way of life. You can earn points for completing fitness tasks and learn how to incorporate fitness as a lifestyle. Prizes will be given to the overall team that has the most amount of change at the end of the four weeks.

- Pre and Post assessment
- Weekly check-ins
- Weekly group challenge workout

Please see [brighton.gov/Fitness](http://brighton.gov/Fitness) for times and trainer availabilities.

Age: 15+

Min/Max: 3/4

**Cost:** \$150/person

Session: 511004A

## Introduction to Weight Training

This class is intended for people who are new to weight training and need or want to develop muscle tone, increase strength or lose weight. You will learn the fundamentals of form and how to select proper weight amounts. If you are trying to achieve a weight loss goal or have been told by a physician or physical therapist to "Get Moving" this small group is for you! You will end this program confident in your weight training ability and ready to use the trainer taught education and programming. (8 Group Personal training sessions)

Contact the fitness department for available session times (303)655-2235.

Age: 15+

Min/Max: 3/5

**Cost:** \$65

Session: 510002A

## Youth Training & Fitness

### Youth Weight Room Orientation

An introductory class, taught by a certified personal trainer that encourages positive body image and emphasizes a safe weight training environment. Junior passes will be given to those who successfully complete this course and may be used with adult supervision in the weight room. Class will cover: Weight Room safety, Safe lifting techniques, etiquette and Weight Room rules, and proper use of machines and cardio equipment.

Min/Max: 1/10

**Cost:** \$22

Age	Day	Date	Time	Session
12-14yrs	Thu	Jan 19	5-6:30 p.m.	510305A
		Feb 23		510305B
		Mar 23		510305C
		Apr 20		510305D
		May 18		510305E
	Sat	Jan 21	9-10:30 a.m.	510305F
		Feb 25		510305G
		Mar 25		510305H
		Apr 22		510305I
		May 20		510305J

A weight card is **REQUIRED** for all youth under the age of 15 to use the weight room.





# Mind & Body



## Yoga

**Note:** Yoga Basics & Gentle yoga classes are included in with a six class punch pass. You are welcome to attend either of the class times with a punch pass.

**Cost \$48 for a six class punch pass.**

**Drop-in Rate: \$11**

## Yoga Basics Class

*(especially for beginners, but all are welcome)*

Have you always wanted to take a yoga class but felt intimidated by a studio or felt that you didn't have the right clothes or body type? Do you think you're not flexible enough to take a class? This class is for you! Real yoga is truly for everyone, regardless of size, background, age, or flexibility. Come find out what the fuss is all about in a safe, welcoming, friendly environment. We will workshop fun poses that will unlock the secrets of a successful yoga class for you.

Min/Max: 4/20

Day	Date	Time
Wed	Jan 4 - Apr 26	6 - 7 p.m.



## CHAIR MASSAGE

### Brighton Recreation Center Lobby

Monday: 9-11 a.m. | \$10/10 minutes

Reserve your time at the BRC

## Gentle Yoga

Move, breathe, and enjoy learning about how yoga can help you in your everyday tasks! We practice good alignment, moving within a pain-free range of motion, and we become aware of how we move and breathe. Appropriate for beginners. You will be given options to find your own level of flexibility and effort throughout the class.

Day	Date	Time
Mon	Jan 2 - Apr 24	7 - 8 a.m.
Wed	Jan 4 - Apr 26	7 - 8 a.m.

*\*No class Jan 16 & Feb 20*

## Personal Yoga Instruction

To register please contact Susan Bhat directly

Number of Sessions	Time	Fee
1	1 hour	\$65
3	1 hour	\$180
6	1 hour	\$300
1 (group: 2-4)	1 hour	\$75

Feel free to contact Susan Bhat at 303.957.7406 or email her at [susanbhatyoga@gmail.com](mailto:susanbhatyoga@gmail.com)

**\*\*Participation is based on available space that day. If class minimums are not met 72 hours prior to the first class of the session, the session may be canceled.**

# Fitness & Wellness Classes

## Silver Boomers Weight Lifting

Healthy bones, strength and range of motion are essential to a happy and healthy lifestyle. A personal trainer will teach you how to work out safely and properly. This senior class will be full of fun and knowledge. Come join the best of the best and become even better. **SilverSneakers® Members are FREE!**

Min/Max: 4/8

Sessions run the full month

**Cost \$24** (includes a 50% senior discount)

SilverSneakers: FREE (Registration Required)

Age	Day	Date	Time	Session
50+	Mon/Wed	Jan 2-Feb 1*	6:30-7:30 a.m.	510104A
			9:30-10:30 a.m.	510104B
			10:30-11:30 a.m.	510104C
		Feb 6-Mar 1*	6:30-7:30 a.m.	510104D
			9:30-10:30 a.m.	510104E
			10:30-11:30 a.m.	510104F
	Tue/Thu	Mar 6-29	6:30-7:30 a.m.	510104G
			9:30-10:30 a.m.	510104H
			10:30-11:30 a.m.	510104I
		Jan 3-Feb 2	9:30-10:30 a.m.	510104J
			10:30-11:30 a.m.	510104K
		Feb 7-Mar 2	9:30-10:30 a.m.	510104L
			10:30-11:30 a.m.	510104M
		Mar 6-30	9:30-10:30 a.m.	510104N
			10:30-11:30 a.m.	510104O

\*No class Jan. 16 & Feb. 20

**Note: A medical evaluation and physician's release is required.**

If you plan on attending multiple sessions please register for those sessions so that your spot is reserved.

## Top 10 Fitness Facts



1. Exercise Boosts Brainpower
2. Movement Melts Away Stress
3. Exercise Gives You Energy
4. It's Not That Hard to Find Time for Fitness
5. Fitness Can Help Build Relationships
6. Exercise Helps Ward Off Disease
7. Fitness Pumps Up Your Heart
8. Exercise Lets You Eat More
9. Exercise Boosts Performance
10. Weight Loss Is Not the Most Important Goal



## SilverSneakers® Is Here!!

The BRC is proud to host the SilverSneakers Fitness Program.

All of the BRC drop-in activities are free to Silver Sneakers members, including swimming, drop-in fitness classes, aqua fitness, cycling and Silver Sneakers Classes welcome non-Silver Sneakers participants too! Participants must complete an enrollment package before beginning classes.

Stop by the front desk for enrollment.

**Contact the Brighton Recreation Center  
(303) 655-2200**



# Adult Sports

**For information on  
Youth Sports  
see pages 14 - 18**

## Spring Adult Softball

Play softball this spring! League play, both co-ed and men's rec. Eight weeks of play. T-shirt for first place individual. Teams: 8-16 people per team

**Deadline for registration & fee payments: Feb. 7, 2017**

\* A \$75 late fee will be assessed for late registrations

**Cost: \$375**

Age	Day	Dates	Time	Session
18+	Tue, Wed & Thu	Feb 21 - Apr 13	6:30 p.m., 7:30 p.m. or 8:30 p.m.	610003A Co-ed 610003B Men's

**Location: Brighton Sports Complex**

**Manager/Coaches Meeting:** Monday, Feb. 13, 2017 at 6 p.m. at the Brighton Recreation Center

## Adult Team Co-ed Volleyball

For men and women to compete! Organize a team and enter to play in our 10-week league. This is a recreational league which provides T-shirts for the first place team.

Teams: Min. 4/ Max. 9

**Deadline to register: Jan. 9, 2017**

**Cost: \$200 per team**

Age	Day	Dates	Time	Session
18+	Mon	Jan 16 - Mar 20	6-9 p.m.	610005A

**Location: Brighton Recreation Center Gym**

## Drop-in Pickleball

### Pickle Ball open gym is now offered!

A game for ages 12+ that combines the elements of tennis ping-pong and badminton. It's played on a court, like tennis but half the size, with a wiffleball and paddles. This sport is also offered at the Senior Games! Come and check out what it is all about. Stop by the BRC front desk for more information.

Day	Time
Mon (3 courts), Wed (3 courts) & Fri (3 courts)	9-11 a.m. (All Levels)

\* Note: Times are subject to change. Please check with the Front Desk for more information.

\*\* Dec. 19 - Jan. 6, Pickleball times will be adjusted due to the holiday season and winter break (8-10 a.m.)

## Racquetball Courts Hours:

Day	Times
Monday through Thursday	5:30 a.m.-9 p.m.
Friday	5:30 a.m.-6:30 p.m.
Saturday	7 a.m.-6 p.m.
Sunday	10 a.m.-5 p.m.

## Walleyball

An exciting game played similar to volleyball, but on a racquetball court. There are usually 2 or 4 players per side. Make court reservations by phone or in person at the front desk of the recreation center.

## Racquetball Policies

- Reservations can be made by phone or in person
- You may reserve a court 48 hours in advance
- One reservation per person, per day
- No black handballs, racquetballs or non approved black soled shoes allowed on courts
- Wooden racquets are not allowed
- Protective eyewear is recommended for adults and is required for anyone 17 years of age and younger
- The City of Brighton reserves the right to schedule court time for lessons
- Racquetball racquets and eyewear are available for check-out with your Recreation Center ID card, Colorado Driver's License or Colorado ID
- Lessons are offered. Pre-registration is required
- Participants under 15 years of age must complete lessons before independent usage is allowed or must be accompanied by a parent or adult

## 3 on 3 Adult Basketball League

Form a team and get ready for this fast paced, self-run basketball league. Teams will play three games each Sunday for this six week season. A maximum of five players will be allowed on each team's roster. Players will be responsible for running and scoring their games. Championship T-shirts will be awarded for first place. Games will be held on Sunday mornings starting in mid-February.

Teams: Min. 4/ Max. 9

**Deadline to register: Feb. 6, 2017**

**Cost: \$100 per team**

Age	Day	Dates	Time	Session
18+	Sun	Feb 12-Mar 19	10:30 a.m. or 11:30 a.m.	631017A

**Location: Brighton Recreation Center Gym**

**Note:** Minimum needed of 4 teams for league to begin. Maximum of 8 teams will be allowed in league

# Adult Sports

## 2017 SUMMER SOFTBALL

The City of Brighton offers a community softball program that includes:

- USSSA Sanctioned Leagues
- A four field, lighted complex
- 12 softball games – May through August
- Home Run restriction for Men's, Novice, Low Rec. and Mid Rec.
- First and Second Place Sponsor Trophies
- First place individual awards in each league

**Summer Season:** May 2 - Aug. 3

**Registration deadline:** April 24, 2017

Adult teams may register early, starting Dec. 9 at the Recreation Center

A tentative roster of at least 12 players must be submitted to acquire league position at the time of registration.

The City reserves the right to move teams to maintain balanced league integrity.

Teams are accepted on a first-paid, first-served basis.

**Fee Requirements: Adult Team \$475 per team**

\* A \$100 late fee will be assessed for late registration

\*\*All leagues listed are for ages 18 and over



## Play ball on one of these leagues!

### Men's League

Tuesday Night	Novice	610011A
	Low	610012A, B
	Over 40	610013A
Wednesday Night	Novice	610007A
	Low E	610008A
	E	610009A
	Mid	610010A

### CoEd League

Tuesday Night	Novice	610013B
Thursday Night	Novice	610014A, B
	Low E	610015A
	E	610016A
	Mid	610017A

Adult League Mandatory Coaches Meeting will be held Tuesday, April 25, 2017 at 6 p.m. at the Brighton Recreation Center.  
A team representative should be present at this meeting.

## Brighton Cultural Arts Commission

## Small Business Development

### The Brighton Cultural Arts Commission (BCAC)

was created in 1996. One of the goals of BCAC is to promote cultural arts throughout the Brighton community. If you are interested in finding out more about BCAC, call (303) 655-2076 or check out the website at [www.brightonco.gov](http://www.brightonco.gov).



### Brighton Arts, Culture & Tourism Website

Brighton has a robust and vibrant Arts and Cultural scene loaded with exciting events. The Office of Arts & Culture is bringing arts, culture, business and opportunities for community groups, and individuals together, in one central location – [www.brightoncoARTS.org](http://www.brightoncoARTS.org). This website is a great place to explore and learn about the fun facts and history of Brighton as well as the latest information on current events and fun things to do. From upcoming shows and entertainment at the Armory to the best places to eat and shop in Brighton, [www.brightoncoARTS.org](http://www.brightoncoARTS.org) is a window into some of Brighton's best kept secrets.



### ARTfest at the Armory

ARTfest, an art show at The Armory features local artists. The show will be this spring. Applications will be available online at [www.brightonco.gov](http://www.brightonco.gov). Call Sue Corbett, 303-655-2076, for more information.



**NORTH METRO DENVER** Small Business Development Center  
at the BRIGHTON ECONOMIC DEVELOPMENT CORPORATION

The North Metro Denver SBDC Brighton office is the resource entrepreneurs in all industry sectors can turn to for help - help that can make the difference between success and failure.

**OUR PURPOSE:** Create economic vitality by providing a gateway to business resources through one on one consulting, low cost workshops, access to capital and much more!

**OUR MISSION:** To help businesses in all stages of development by providing reliable resources

**OUR VISION:** To be the leader in the practice of applied business resources and best practices.

For more information contact our office by phone: 303-655-2150  
By email: [tsanchez@brightonedc.org](mailto:tsanchez@brightonedc.org)  
Located at: 22 S. 4th Ave. Suite 305 Brighton, CO 80601

Visit: [northmetrosbdc.com](http://northmetrosbdc.com) for a list of our most current workshops and training modules

The Brighton SBDC is hosted by: Brighton Economic Development Corporation and

Supported by the City of Brighton, and Front Range Community College







# Summerfest

**SAT  
JUNE 3  
10 a.m. -  
4 p.m.**

*Event is free and  
open the public!*



**BUSINESS &  
COMMUNITY EXPOS**

**MUSIC & DANCE STAGES**

**KIDS' ACTIVITIES**

**FOOD VENDORS**

**CARNIVAL**

**PETTING ZOO &  
PONY RIDES**



**NEW  
LOCATION!**

*Carmichael Park  
650 Southern St.  
Behind City Hall*

**MORE INFO AT**

**[WWW.BRIGHTONCO.GOV/SUMMERFEST](http://WWW.BRIGHTONCO.GOV/SUMMERFEST)**



# Eagle View Adult Center

**1150 Prairie Center Parkway (303) 655-2075**

Monday through Friday 8 a.m. – 4 p.m.

Center Manager:  
Sue Corbett

Program Coordinator:  
Donna Singer

Outreach Coordinator:  
Ernie Marquez

Assistant Coordinator  
Christina Harris

Receptionist:  
Becky Eichen

The Eagle View Adult Center is dedicated to the overall social, educational, outreach, and wellness needs of seniors and active adults. Pick up a newsletter today.

**Continuous Drop-in Activities:** Meet to play cards and games for fun and fellowship: Pinochle, Bridge, UNO, Cribbage, Pitch, Hand & Foot, Mexican Train Dominos, Billiards, Scrabble, and Bingo. No fee – all older adults are welcome.

**Day Trips:** Destinations range from museums, plays, outdoor adventures, tours, restaurants and music venues.

**Happenings and Special Events:** We host holiday events, luncheons, cultural events, socials, educational speakers, potlucks, and entertainment.

**Classes:** Yoga, fit ball, exercise, wellness, history, memoir writing, driver safety, oil painting, Japanese Bunka, quilting, wood carving, and more!

## Support Group:

**Seniors with Low Vision:** This program helps adults age 55+ with visual impairment or blindness learn to live independently through resources and adaptive ideas. The free drop-in group meets the fourth Monday from 1-2 p.m. There is a technology support meeting from 2-3 p.m. Call Melanie at (720) 308-7705.

Eagle View Adult Center has a newsletter that gives a complete listing of activities. It is available at Eagle View or online at [www.brightonco.gov](http://www.brightonco.gov).

If you would like to receive the newsletter by mail, stop by Eagle View to fill out a card.

## Spaghetti Luncheon

This annual event is held at Eagle View and will be on Saturday, March 4 from 11 a.m.–2 p.m.

## Transportation:

**VIA:** VIA provides transportation within the City of Brighton to medical appointments, shopping, Eagle View, and more. Service available Mon - Fri from 7:30 a.m.– 5 p.m. Call (303) 447-2848 x 1014 for more information; call (303) 447-9636 to schedule rides

**Call-n-Ride:** This is an RTD service. Call (303) 994-3549 and make a reservation. The driver will pick up and deliver you anywhere within Brighton, Mon-Fri, 6 a.m.-7 p.m. Cost is the local RTD bus fare.

## Services:

**Lunchtime Meal:** A hot, nutritious lunch is provided by Volunteers of America, Monday–Thursday at 11:30 a.m. Make your reservations two working days in advance so we can order meals. Call (303) 655-2271 (Mon–Thu, 10 a.m.-1 p.m.). Meal donation: \$2.50 (60+ yrs), meal fee \$7.25 (under 60).

**Senior Wellness Clinic:** Visiting Nurses Association (VNA) Senior Wellness Clinic operates on Thursdays from 9 a.m.-3 p.m. Services include health screenings, blood pressure, foot care, and health education. Appointments required by calling (303) 655-2075. Foot care is \$30, payable at time of service, unless covered by insurance. Reduced fees available.

**Outreach and Referral:** Seniors, do you need help and don't know where to turn? Call Ernie Marquez at (303) 655-2079 to set up an appointment. She can assist seniors with completing forms, applying for programs, finding services, and other needs. Home visits available for those who are homebound.

**Medicare Counseling:** If you need individualized help with Medicare issues, call Ernie at (303) 655-2079 to make an appointment with a Sr. Health Insurance Program (SHIP) counselor.

# Platte Valley Medical Center

## Childbirth Education Classes

Platte Valley Medical Center offers a variety of classes to help you prepare for this exciting time in your life. Our comprehensive educational programs will help you be successful at every stage in the process.

## Women's and Newborn Center Tours

Free tours of the Women's and Newborn Center are offered to help you become familiar with the Labor and Delivery Unit, Special Care Nursery, and Postpartum Suites.

**Register by calling:** (303) 498-1481 or [pvmc.org/events](http://pvmc.org/events)

**Cost:** Free, by appointment. Tour size is limited

Day	Time	Dates
Wednesday	6 and 7 p.m.	Jan 4, 18, Feb 1, 15, Mar 1, 15, Apr 12, 26

**Location:** Meet in the hospital lobby by the fireplace

## Birthing Basics

This two-day class is designed to acquaint you and your coach with the labor and birthing process through interactive discussions and with the aid of handouts, posters and videos. Relaxation, breathing, and comfort techniques for a natural labor and birth are practiced. Please bring two pillows to class. Pain management options are also reviewed.

**Register by calling:** (303) 498-1481 or [pvmc.org/events](http://pvmc.org/events)

**Cost:** \$80

Day	Time	2017 Class Dates
Friday & Saturday	Fri: 5-9 p.m. Sat: 8 a.m.-2 p.m.	Feb 10 & 11, Apr 7 & 8

**Location:** Conference Room A & B

## Birthing Basics Express

This one-day express class is designed to acquaint you and your coach with the labor and birthing process through interactive discussions and with the aid of handouts, posters, and videos. Relaxation, breathing, and comfort techniques for a natural labor and birth are practiced. Please bring two pillows to class. Pain management options are also reviewed.

**Register by calling:** (303) 498-1481 or [pvmc.org/events](http://pvmc.org/events)

**Cost:** \$80

Day	Time	2017 Class Dates
Saturday	9 a.m.-5:30 p.m.	Jan 14, Feb 11, Mar 11

**Location:** Conference Room A & B

## Breastfeeding Basics

Successfully learn the basics of breastfeeding, such as positioning, latching on, nipple care, and breast milk supply in this class. Taught by a certified lactation specialist, we will discuss how moms can incorporate returning to work while breastfeeding. Partners are welcome and encouraged to attend.

**Register by calling:** (303) 498-1481 or [pvmc.org/events](http://pvmc.org/events)

**Cost:** \$43/class

Day	Time	Dates
Thursday	6-8:30 p.m.	Jan 5, Feb 2, Mar 2, Apr 6

**Location:** Conference Room A

## Baby Basics

This class discusses realistic expectations for your baby's first months and provides information and hands-on practice with bathing, diapering, cord and circumcision care. This class covers:

- Baby's first days of life
- Feeding, diapering, bathing, and baby care basics
- SIDS risks, safe sleeping, and safe car seat use

**Register by calling:** (303) 498-1481 or [pvmc.org/events](http://pvmc.org/events)

**Cost:** \$43/class

Day	Time	2017 Class Dates
Thursday	6 - 8:30 p.m.	Jan 19, Feb 16, Mar 16, Apr 20

**Location:** Conference Room A

## Mommy Mingle

Congratulations! You're a new mom. Now what? Join us for Mommy Mingle. It's the place to connect with other moms and newborns two to 12 weeks old. We know being a mom with a newborn can be exhilarating and scary at the same time. Mommy Mingle is a safe place to connect with moms like you and is led by lactation specialists and other medical professionals. At each Mingle, moms will learn what's normal and what's expected when it comes to healing after delivery and raising a baby.

**Register by calling:** (303) 498-1481 or [pvmc.org/events](http://pvmc.org/events)

You can also join our private Facebook Group for weekly support.

Search: Mommy Mingle at PVMC.

**Cost:** FREE

Day	Time	2017 Class Dates
Every other Saturday	1-3 p.m.	Jan 7, 21, Feb 4, 18, Mar 4, 18, Apr 1, 15

**Location:** Conference Room C

## Bootcamp for New Dads

Boot Camp for New Dads is a one-session workshop led by men for men. You will be oriented to the unique aspects of new fatherhood by the experts - new fathers and their two to four month old babies. Topics include: gatekeeper phenomenon, troubleshooter's guide to crying babies, dad's toolbox, caring for new mom, birth and bonding, what to expect postpartum, working/family balance, and your role as protector. You will have the opportunity to hold and care for real babies who are two to four months old! You may take this class during pregnancy or after your baby is born. Babies may attend this class.

**Register by calling:** (303) 498-1481 or [pvmc.org/events](http://pvmc.org/events)

**Cost:** \$35

Day	Time	2017 Class Dates
Saturday	9 a.m.-noon	Jan 21, Mar 25

**Location:** Conference Room A & B

# Platte Valley Medical Center

## Pilates

Pilates is a great form of exercise to strengthen and tone your abdominals, hips, and shoulders, increase flexibility and stamina, and improve overall fitness and health.

**Register by calling:** (303) 498-1840 or [pvmc.org/events](http://pvmc.org/events)

Day	Time	Cost
Tuesday	5:45-6:30pm	\$9/class or \$80 for 10-class punch card

**Location:** Hospital Conference Center

## Yoga

PVMC is pleased to offer Community Yoga Classes. Bring your own mat and get ready for a fun, energizing way to improve your health.

**Register by calling:** (303) 498-1840 or [pvmc.org/events](http://pvmc.org/events)

Day	Time	Cost
Thursday	12:15-12:50 p.m.	\$6 drop-in fee or \$58 for 10-class punch card

**Location:** Conference Center

## Smoking Cessation Course

If you're ready to kick the habit once and for all, Platte Valley Medical Center offers a 7-week smoking cessation course. The sessions are taught by hospital respiratory therapists (RTs) and include resources to begin your smoke-free journey.

**Register by calling:** (303) 498-2190 or email [cbowlin@pvmc.org](mailto:cbowlin@pvmc.org)

**Cost:** \$40

Day	Time	Date
Thursday	4:30-6:30 p.m.	Jan 5-Feb 16

**Location:** Conference Room C

## FREE Speaker Series Nutrition Classes

Come learn how to live a healthy lifestyle and prevent chronic disease. Classes are taught by Jenna Allen, MS RDN, our new Wellness Dietitian in our Wellness & Education Department. Her passion is nutrition, wellness and educating patients and community members. Visit [pvmc.org/events](http://pvmc.org/events) to find out more about upcoming topics in her series.

**Register by calling:** (303) 498-1481 or [pvmc.org/events](http://pvmc.org/events)

Event	Time	Date
New Year, New You	3-4 p.m.	Jan 23
Love Your Heart	3-4 p.m.	Feb 1
The Tasty Way to Lower Your Numbers	1-2 p.m.	Feb 15
The ABC's of Diabetes	3-4 p.m.	Mar 6
Spring Clean Your Diet	3-4 p.m.	Mar 20
An Intro to Feeding Kids Right	5-6 p.m.	Apr 5
Nutrition for Healthy Bones	3-4 p.m.	Apr 17

**Location:** Conference Room A

## Support Groups and TJU Class

For a complete description of support groups and joint class information, please visit [pvmc.org](http://pvmc.org).

**Cost:** FREE

Group	Time	Day	Register
Cancer Support Group**	11 a.m.–noon	Jan 14, 28, Feb 11, 25, Mar 11, 25, Apr 8, 22	(303) 498-2200
Location: Cardiac lounge area in hospital (across from medical imaging)			
Stroke Recovery Support Group	1:30–3 p.m.	Feb 6, Mar 6, Apr 3	(303) 498-1873 Amanda Tarr
Location: Conference Center			
Cardiac Support Group	12:30–2 p.m.	Feb 6, Mar 6, Apr 3	(303) 659-7000
Location: Conference Center C			
Total Joint University	5:30–7:30 p.m.	Jan 10, Feb 14, Mar 14, Apr 11	(303) 498-1840 <i>or <a href="http://pvmc.org/events">pvmc.org/events</a></i>
	9-11 a.m.	Jan 26, Feb 23, Mar 23, Apr 27	
Location: Conference Center			
Stroke Caregivers Group*	3-4 p.m.	Jan 17, Feb 21, Mar 21, Apr 18	(303) 498-1873 Amanda Tarr
Location: Conference Room C			
Stroke Survivors Group*	3-4 p.m.	Jan 17, Feb 21, Mar 21, Apr 18	(303) 498-1873 Amanda Tarr
Location: Conference Room B			

\*No RSVP needed for Stroke Caregivers & Stroke Survivors Group

\*\*Refreshments and snacks are provided



Research your diagnosis and other FREE Health Information at [pvmc.org](http://pvmc.org)

# Community Garden Application



City of Brighton  
2017 Community Garden Application

Name of Gardener _____		Email _____	
Street Address _____			
City _____		Zip _____	
Home Phone _____		Other phone (work or cell) _____	
Signature of Renter _____		Date _____	

Would you be interested in renting at:

Indicate location choice #1, choice #2, & choice #3. If your 1<sup>st</sup> choice garden location is not available, you will be assigned to another location. If you do not wish to have a plot at another location, do not list a 2<sup>nd</sup> or 3<sup>rd</sup> choice. Returning gardeners will be allowed to reserve their same plot on a space available basis.

\_\_\_\_ Choice

Zion Community Garden  
395 South 14<sup>th</sup> Ave.

\_\_\_\_ Choice

Denver St Community Garden  
1119 E. Denver St.

\_\_\_\_ Choice

Brighton Adventist Community Garden  
781 South 5<sup>th</sup> Ave.

\_\_\_\_ Choice

Northgate Community Garden  
4801 Mt. Evans St.

\_\_\_\_ Choice

Ken Mitchell Park  
889 Kinglet Ct.

**Ken Mitchell Park offers 6 raised bed gardens, designed to be handicap accessible, available on a first come, first serve basis.**

Applications will be accepted on the first day of registration – early application may result in delays & returned applications

Key dates:

January 20, 2017  
February 3, 2017  
May 2017  
September 2017  
October 2017

1<sup>st</sup> day of reservations for **Brighton residents at 7am**  
1<sup>st</sup> day of reservations for **non-residents at 7am**  
Access to water in the gardens.  
Water turned off for the season.  
Keys due back & plots cleaned to be eligible for the 2018 gardening season

**Fees for Gardening:** Payment will be due at the time of your reservation: \$20 for residents in Brighton legal city limits  
\$30 for non-residents

Payable by Cash\_\_\_\_ Check\_\_\_\_ Credit Card\_\_\_\_\_exp\_\_\_\_/\_\_\_\_

**All participants need to submit this form with payment. No phone requests will be accepted.**

For Office Use only#####

Date Received\_\_\_\_\_ Garden\_\_\_\_\_ Plot#\_\_\_\_\_ Key Sent\_\_\_\_\_ Key Returned\_\_\_\_\_



# Registration Form

## RECREATION CENTER PROGRAM REGISTRATION FORM

**Walk-In  
Residents Only**  
December 8  
@ 7 a.m.

**Walk-In  
Open**  
December 9  
@ 7 a.m.

**Online  
Residents Only**  
December 8  
@ noon

**Online  
Open**  
December 9  
@ noon

**Phone-In  
Registration**  
December 10  
@ 7 a.m.

**Mail-In/Fax  
Registration**  
December 10  
@ 7 a.m.

Please print and fill out registration information completely. \*All phone & fax registrations must be paid by credit card.

Parent's Name: \_\_\_\_\_ Date \_\_\_\_/\_\_\_\_/\_\_\_\_

Mailing Address: \_\_\_\_\_

Home Phone: \_\_\_\_/\_\_\_\_/\_\_\_\_ Work Phone: \_\_\_\_/\_\_\_\_/\_\_\_\_

Cell Phone: \_\_\_\_/\_\_\_\_/\_\_\_\_

Email address: \_\_\_\_\_

☐ I have read and understand the refund guidelines.

☐ Check or Money Order made payable to: **City of Brighton**

Drivers License Number: \_\_\_\_\_ State: \_\_\_\_\_ Expiration Date: \_\_\_\_\_

American Express/Visa/Mastercard/Discover: \_\_\_\_\_ Exp. Date: \_\_\_\_\_

Signature: \_\_\_\_\_

Participants Name	Session #	Activity Name	Age	Birth Date Mo. Day Yr.	Sex	School Grade	Fee

Total Amount Due \$ \_\_\_\_\_

### RELEASE FROM PARTICIPATION IN INHERENTLY DANGEROUS ACTIVITY

I, the participant and/or parent or guardian of participant understand that the activities registered for contain an element of danger. I agree to indemnify and hold the City of Brighton and any agencies involved in the activities and any of their servants, agents or employees free and harmless from any injury, damages, liabilities, loss, claim, cost or expense including attorney's fees which may result whether by negligence or otherwise. I am solely responsible for payment of all costs resulting from the rendering of medical aid and ambulance services to the participants, and I authorize that all necessary first aid steps may be taken as prescribed by qualified personnel.

**\*\*PARENT/PARTICIPANT SIGNATURE:** \_\_\_\_\_

-----FOR OFFICE USE-----

Date: \_\_\_\_\_ Check #: \_\_\_\_\_ American Express/Visa/MasterCard/Discover \_\_\_\_\_ Clerk: \_\_\_\_\_

For Recreation Center information, please call (303) 655-2200 or visit [www.brightonrecreation.com](http://www.brightonrecreation.com)

# Registration Information

## Five Ways to Register

### 1 - In Person

Walk-In registration for Brighton residents takes place Dec. 8, 2016 beginning at 7 a.m. at the Brighton Recreation Center, 555 North 11th Avenue. Please bring proof of residency within legal Brighton city limits.

Open walk-in registration begins at 7 a.m. on Friday, Dec. 9, 2016

### 2 - By Phone

Phone-In registration will be accepted beginning at 7 a.m. on Dec. 10, 2016. We accept your American Express, Visa, Master Card or Discover. Please have the following information: participant's name, birth date, sex, address and phone number.

### 3 - By Fax

To register via fax, please complete the registration form and include your credit card information. Fax the form to the recreation center at (303) 659-9405.

### 4 - By Mail

To mail your registration, complete the form and send it along with your payment in the form of a check, money order (made payable to the City of Brighton) or your credit card information to:

**Brighton Recreation Center  
555 North 11th Avenue  
Brighton, CO 80601**

- Mail in registrations received before December 10, 2016 are not guaranteed early registration and will be processed at random as time permits after 11 a.m. on Dec. 10, 2016.
- Mail in registrations received on or after Dec. 10, 2016 will be processed at random on a daily basis. We are not responsible for delayed mail.
- In the event that your class is filled, your check will be returned to you.
- Incomplete forms or insufficient payments will be returned.
- You are registered unless we notify you otherwise.

### 5 - Online

To register online, go to [www.brightonrecreation.com](http://www.brightonrecreation.com) & select "Register Online". In order to register online, we will need to have your email address already in our database. You will also need to know your "household" number, available on a receipt from the Brighton Recreation Center.

Online registration will be open to Brighton Residents starting at noon on Dec. 8, 2016. Non-residents will be able to register online starting at noon on Dec. 9, 2016.

Registration online will be available for Recreation Center programming including renewal of most passes. Personal training, private & semiprivate swimming lessons, reduced rates and corporate passes are not available online.

#### Payment by Check

The City of Brighton will charge a \$30 service fee for all checks not honored for any reason by the bank. Checks should be made payable to: **City of Brighton**

## Refund Policy for City of Brighton Recreation Center

Refunds will be made according to the following guidelines:

- No cash refunds.
- If class is canceled by Recreation Center: 100% refund
- Refund requests must be received 5 business days prior to start of the program.
- Refunds of \$25 or less will be issued as household credit only. If participant cancels: refund will be assessed a \$5 service fee per activity unless refund is issued as a household credit.
- Refund request after the program has started: **NO REFUNDS**, except due to illness.
- Credit may be given if the participant is unable to participate due to illness. A doctor's statement must be presented in order to receive credit due to illness.

## Waiting List Procedure

Waiting lists are a source of contact and do not guarantee you will receive a call back. You will receive a call back only if a space becomes available. If you ask to add your name to a waiting list for a closed class it:

- a. Provides us with a name and phone number in the event of a cancellation.
- b. Supplies us with names and phone numbers in case a new class is added.
- c. Does not limit you from registering for any other open class.

## Class Cancellation Policy

When a class is cancelled, participants are given the option of transferring to another class, receiving a household credit or a refund check or credit to a credit card. Participants will be notified at least 24 hours in advance when classes are cancelled due to insufficient registrations. Refunds will be handled in accordance with refund policy.

## Notice to Participants

Participants must realize that all classes / activities of a physical nature involve some risk and by registering for a Brighton Recreation Center class/activity of this nature, there is an assumption of risk by the participant. The City of Brighton Parks and Recreation Department is dedicated to providing safe facilities and equipment for all participants, as well as qualified staff. Every effort is made to ensure the safety of the participants and to provide them with first class recreational facilities, activities and parks.

## In the event of a serious illness or accident it is the policy of the City of Brighton to:

- Contact 911 for emergency personnel for first aid.
- Reach the parent or guardian as soon as the situation allows.